

Health, Education,  
and Human Services

HEALTHY  
MOTHERS  
COALITION  
DIRECTORY  
OF  
EDUCATIONAL  
MATERIALS  
2nd edition

U.S. GOVERNMENT PRINTING OFFICE

HEALTHY MOTHERS , HEALTHY BABIES COALITION  
DIRECTORY OF EDUCATIONAL  
MATERIALS

Second Edition

September 1983  
U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Public Health Service

This compendium describes printed and audiovisual materials on maternal and infant care intended for use by the public and health professionals. We feel it is unique in bringing together for the first time a comprehensive collection of educational materials produced by government, professional, and voluntary organizations and agencies. These groups, all members of the Healthy Mothers, Healthy Babies Coalition, have a significant commitment to maternal and child health.

The Coalition, begun in 1981, is an informal association of professional, voluntary, and government organizations with a common interest in maternal and infant health. Its purpose is to foster public education efforts for pregnant women through collaborative activities and the sharing of information and resources. This collection represents one of the first projects of the Coalition and is aimed at facilitating the dissemination of existing educational materials to pregnant women, their families, and the professionals who work with them. It is hoped that this volume will promote sharing among organizations of information about the wide variety of pregnancy-related printed and audiovisual products and will assist professionals in identifying and ordering appropriate materials for their clients or patients. Since the collection is primarily aimed at enhancing the exchange of information among government and private groups, it does not include materials produced by commercial sources or publishers.

Each organization represented in the collection prepared its own listing of materials. Each section includes a brief description of the organization's

purpose and goals, followed by annotated listings of printed and audiovisual materials produced or distributed by that organization. All entries specify how to order the materials. Many of the items are free of charge. The entries are current as of Spring 1982; materials availability is subject to change over time.

The listings include pamphlets for the public, as well as technical materials intended primarily for use by health care providers and other professionals who work with pregnant women and newborns. The nontechnical materials cover items aimed at pregnant women, teenagers, expectant fathers, women planning pregnancy, parents of newborns, and siblings. The technical materials are designed to assist professionals in educating themselves or their client and patient populations. Audiences encompass physicians, nurses, nurse-midwives, and other health professionals; educators; program administrators in various settings; community workers; employers; and others. The professional materials generally emphasize "how-to" approaches, program planning, guides and standards, program descriptions, research reports, bibliographies, clinical guidelines, and similar information. Products in Spanish and other languages are listed, when available.

The collection covers such topics as prenatal care; the course of normal pregnancy and delivery; childbirth alternatives; health risks and problems of pregnancy and delivery; infancy (up to 1 year), including child care, normal growth and development, and physical and developmental problems and disabilities; parent education; the workplace and environmental hazards affecting pregnancy; nutrition; the effects of alcohol, drugs, and smoking; breastfeeding; exercise; teenage pregnancy; inherited factors and genetic disorders;

and sudden infant death syndrome. In addition, a section entitled "Other Sources of Information" lists clearinghouses, programs, organizations, and resources on related topics, including child abuse and neglect, safety of infant products and equipment, handicapping conditions, vital statistics, and family planning.

We see this compendium as a "work in progress." As new members join the Healthy Mothers, Healthy Babies Coalition, as new materials are produced, and as we find out about other sources of information, we expect to update our directory of materials.

We offer this collection to all who have an interest in promoting the health of mothers and babies. It is our hope that by sharing information we are one step closer to our goal of "Healthy Mothers, Healthy Babies."

Members of the Steering Committee,  
on behalf of the Healthy Mothers,  
Healthy Babies Coalition



Healthy Mothers, Healthy Babies  
Coalition Members

NOTE: Not all members have included descriptions of their materials in this directory. Those that have are listed in the table of contents.

- \* ACCIDENT PREVENTION REHABILITATION INSTITUTE
- \* ALLIANCE FOR PERINATAL RESEARCH AND SERVICES
- \* AMERICAN ACADEMY OF PEDIATRICS
- \* AMERICAN ASSOCIATION FOR AUTOMOTIVE MEDICINE
- AMERICAN ASSOCIATION OF SCHOOL ADMINISTRATORS
- AMERICAN COLLEGE OF NURSE-MIDWIVES
- \* AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS
- \* AMERICAN DIETETIC ASSOCIATION
- AMERICAN HOME ECONOMICS ASSOCIATION
- AMERICAN HOSPITAL ASSOCIATION
- \* AMERICAN LUNG ASSOCIATION
- \* AMERICAN NURSES ASSOCIATION
- AMERICAN PUBLIC HEALTH ASSOCIATION
- \* AMERICAN RED CROSS
- \* AMERICAN SOCIETY FOR PSYCHOPROPHYLAXIS IN OBSTETRICS
- ASSOCIATION FOR THE CARE OF CHILDREN'S HEALTH
- \* CALIFORNIA URBAN INDIAN HEALTH COUNCIL  
(representing the American Indian Health Care Association)
- CENTER FOR CONSUMER HEALTH EDUCATION
- CHILD WELFARE LEAGUE OF AMERICA
- COALITION ON SEXUALITY AND DISABILITY
- FUTURE HOMEMAKERS OF AMERICA
- HEALTH CARE FINANCING ADMINISTRATION, DEPARTMENT OF HEALTH  
AND HUMAN SERVICES
- HEALTH EDUCATION ASSOCIATES
- INSTITUTE FOR HEALTH POLICY STUDIES
- \* INTERNATIONAL CHILDBIRTH EDUCATION ASSOCIATION
- \* LA LECHE LEAGUE INTERNATIONAL
- \* MARCH OF DIMES BIRTH DEFECTS FOUNDATION
- METRO COUNCIL OF ASSOCIATIONS FOR RETARDED CITIZENS (representing  
the National Association)
- MILITARY FAMILY RESOURCE CENTER
- \* NATIONAL ASSOCIATION OF COMMUNITY HEALTH CENTERS
- NATIONAL ASSOCIATION OF PARENTS AND PROFESSIONALS FOR SAFE  
ALTERNATIVES IN CHILDBIRTH
- NATIONAL ASSOCIATION OF SOCIAL WORKERS
- NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION
- \* NATIONAL CATHOLIC EDUCATIONAL ASSOCIATION, SPECIAL EDUCATION DEPARTMENT
- NATIONAL CENTER FOR CLINICAL INFANT PROGRAMS
- NATIONAL CHILD NUTRITION PROJECT
- \* NATIONAL COMMITTEE FOR ADOPTION
- \* NATIONAL COUNCIL ON ALCOHOLISM
- \* NATIONAL CONGRESS OF PARENTS AND TEACHERS
- \* NATIONAL COUNCIL OF CATHOLIC WOMEN
- \* NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION, DEPARTMENT OF  
TRANSPORTATION

COALITION MEMBERS (Cont'd)

- \* NATIONAL MEDICAL ASSOCIATION
- \* NATIONAL PERINATAL ASSOCIATION
- \* NURSES ASSOCIATION OF THE AMERICAN COLLEGE OF OBSTETRICIANS AND GYNECOLOGISTS
- \* PLANNED PARENTHOOD FEDERATION OF AMERICA
- \* THE SALVATION ARMY
- \* SOCIETY FOR ADOLESCENT MEDICINE
- \* SOCIETY FOR NUTRITION EDUCATION
- \* U.S. DEPARTMENT OF AGRICULTURE
- \* U.S. JAYCEETTES
- \* U.S. PUBLIC HEALTH SERVICE, DEPARTMENT OF HEALTH AND HUMAN SERVICES
- \* UNIVERSITY OF SOUTH CAROLINA, DEPARTMENT OF HEALTH EDUCATION, SCHOOL OF PUBLIC HEALTH
- \* THE URBAN INSTITUTE
- \* VIRGINIA STATE HEALTH DEPARTMENT (representing the Association of State and Territorial Health Officers)
- \* YWCA NATIONAL BOARD
- \* Steering Committee members



Dear Healthy Mothers, Healthy Babies Coalition:

\_\_\_\_\_ Please send me information about joining the Coalition. I represent a national organization interested in maternal and infant care.

\_\_\_\_\_ Please send me information about forming a community/state/regional chapter of the Healthy Mothers, Healthy Babies Coalition.

Name \_\_\_\_\_

Organization \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

I have these comments about the Directory:

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## HOW TO USE THIS DIRECTORY

The Healthy Mothers, Healthy Babies Directory is arranged in alphabetical order by the names of the participating organizations. Within each organization, the descriptions are divided into two sections for print and audiovisual materials; titles are listed alphabetically within the sections.

Each title listing includes as much descriptive information as possible: format of the item (such as pamphlet, poster, or slides), physical description, publication date, price, and its availability in any languages other than English. A short paragraph about the content and potential uses for the item is provided when available. Those materials which are considered appropriate only for professional audiences are indicated by an asterisk.

For each organization, general instructions for ordering its materials have been prepared. Any details necessary for ordering a specific item, such as price or order number, have been included under the individual titles.

Following the body of the directory is a section listing other sources of information. This section contains descriptions of organizations that have materials and information on prenatal and infant care. It also includes a list of indexes that provide access to the literature of the field.

Two indexes have been designed to provide additional access points to the directory information. The first is a computer-generated subject index. The subject index was prepared by listing alphabetically all the significant words from all the titles. For example, all the materials containing the word "nutrition" in the title are listed under that heading in the subject index. To ensure locating all the relevant materials on the topic of nutrition, the user may want to also look under related headings such as "food" and "diet." The second index, a title index, lists all the titles from the entire directory alphabetically by the first significant word.

Please note that prices and other availability information are current as of Spring 1982. To avoid delay in receipt of materials, it is advisable to confirm the information with the issuing organization just prior to placing your order.





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## ALLIANCE FOR PERINATAL RESEARCH AND SERVICES

The Alliance for Perinatal Research and Services is an interdisciplinary group that performs research and provides a variety of services relating to pregnancy, childbearing, and childrearing. These services include consulting, research and writing, inservice education, seminar presentations, speaking at conferences and workshops, and designing educational materials.

### TO ORDER:

Send orders to the Alliance for Perinatal Research and Services, Inc., P.O. Box 6358, Alexandria, VA 22306.

### PRINTED MATERIALS:

#### THE FATHER BOOK: PREGNANCY AND BEYOND

Book, 263 pp., 1981

To order: \$15.25 for hardcover, \$7.60 for quality paperback;  
include \$1 each for shipping and handling

Offers fathers practical guidance on pregnancy and childbirth, covering their own mental and physical needs and those of their partner. Gives the father an appreciation of the issues involved in the contemporary childbirth experience. Offers information and advice for the months of pregnancy and beyond, including a chapter on exercises for fathers and newborns.

#### THE FEDERAL MONITOR

Newsletter, 8 pp., published 8 times a year

To order: \$10 for 1 year, \$18 for 2 years

Covers news on legislative and regulatory activities relating to the health care of women and children, with an emphasis on childbearing. Provides timely updates on Federal and State legislation, activities of Federal agencies, hearings and meetings, court cases, and relevant educational materials.

HOW TO HAVE INTERCOURSE WITHOUT BECOMING PREGNANT (also available in Arabic, Cambodian, Chinese, French, Hebrew, Italian, Laotian, Persian, Portuguese, Russian, Spanish, Thai, and Vietnamese)

Pamphlet, 20 pp.

To order: \$2 for 1 copy, \$1.75 each for 2-10 copies, \$1.50 each for 21 or more copies

Provides a simple text with line drawings showing the basic male and female anatomy and the physiology of reproduction and contraception.

WHY BREAST-FEED by Ruth Guyer and Margaret Wolf Freivogel  
Pamphlet, 10 pp., 1981  
To order: \$2

Explains why mother's milk is the perfect food for a baby. Helps women choose how to feed their babies and provides breastfeeding mothers with solid, explanatory information to back their decision.

AUDIOVISUAL MATERIALS:

RELAXATION FOR CHILDBIRTH...AND AFTER by Rae K. Grad  
Audiocassettes, 3 tapes, 12-15 minutes per side  
To order: \$18 per set; include \$1 per set for shipping and handling

Provides six strategies for learning and practicing relaxation skills, each one set to classical music. Can be used by groups or individuals. Accompanied by an explanation sheet.

The American Academy of Pediatrics (AAP) is a non-profit membership association of 24,000 pediatricians throughout the United States, Canada, and Latin America.

The Academy's primary purpose is "the attainment by all children of their full potential for physical, emotional and social health."

TO ORDER:

Send all orders to American Academy of Pediatrics, 1801 Hinman, Evanston, Illinois 60204.

PRINTED MATERIALS:

- \* ADOPTION OF CHILDREN - THIRD EDITION  
Manual, 124 pp., 1976 Indexed, \$10

For children without parents, adoption can provide the secure environment necessary for growth. The Academy's Committee on Adoption and Dependent Care outlines several areas, including pediatrician's roles in adoption, legal and social services, and placement of un-adopted children.

BREAST FEEDING

Pamphlet, 24 pp., 1981, \$60 per 100 copies

In recommending breast feeding, this 24-page pamphlet shows mothers how to breast feed and wean infants. Mothers will learn how to prepare for breast feeding and how to collect and store milk. Also encourages family involvement and discusses the effects of drugs and diet on breast milk.

CAPTAIN WONDERLUNG

Pamphlet, 16 pp., \$40 per 100 copies

A comic book which encourages asthmatic children to do breathing exercises to improve exercise tolerance. Also available in Spanish and French.

- \* GUIDELINES FOR PERINATAL CARE - FIRST EDITION  
Manual, Summer 1983, please call for price information

This practical, comprehensive manual, written by the Academy's Committee on the Fetus and Newborn and the American College of Obstetricians and Gynecologists, focuses on three important areas: understanding of the pathophysiology of pregnant women, fetuses, and neonates; health care delivery through risk assessment and regionalization; and childbirth and the role of the family.

\* for professionals

- \* HOSPITAL CARE OF CHILDREN AND YOUTH - THIRD EDITION  
Manual, 120 pp., \$15

This manual, developed by the Academy's Committee on Hospital Care, provides guidelines for the physical care of hospitalized children and suggestions on methods of meeting children's psychological needs.

- \* HOSPITAL CARE OF NEWBORN INFANTS - SIXTH EDITION  
Manual, 178 pp., 1977 Indexed, \$15

This practical, comprehensive manual, written by the Academy's Committee on the Fetus and Newborn, addresses all major questions relating to the newborn from normal procedures through intensive care.

The 12-chapter book includes seventeen tables on such topics as Apgar score and incubator air temperatures.

THE INJURY PREVENTION PROGRAM...SAFETY IS YOUR BEST PRESCRIPTION  
Program, March 1983, please call for price information

Replacing our best-selling "Child Safety Suggestions 1 and 2" is this two-part program consisting of (1) four pages of age-related safety tips--how to prevent household accidents to infants and children; and (2) three parent questionnaires on home safety habits. May be ordered individually or as sets.

- \* PEDIATRIC NUTRITION HANDBOOK - FIRST EDITION  
Manual, 470 pp., \$15

All the facts on nutrition--a significant but underemphasized area of pediatrics. A recent release from the Academy's Committee on Nutrition.

PEDIATRICS

Journal, Annual Subscription Rate \$37

"Pediatrics" is the official monthly journal of the American Academy of Pediatrics. Established in 1948, it now reaches more than 40,000 child health practitioners--including physicians and nurses in 55 specialties other than pediatrics in more than 70 foreign countries. "Pediatrics" is rated the "most cited" journal in the pediatric literature.

Each 300-350 page issue contains original articles especially screened for their relevance to practice, commentaries, and letters to the editor. The original articles encompass advances in both pediatric research and clinical care. It also includes recent Academy committee statements.

\* for professionals

- \* RECOMMENDATIONS FOR DAY CARE CENTERS FOR INFANTS AND CHILDREN  
Manual, 66 pp., 1980 Indexed, \$10

How to run a day care center or tell if a child is enrolled in a good one. From the Academy's Committee on Infant and Preschool Child, this manual offers general suggestions for desirable goals and practices of day care centers. Topics include health care, nutrition, staffing, and activities.

- \* REPORT OF THE COMMITTEE ON INFECTIOUS DISEASES - 19TH EDITION  
Manual, 450 pp., \$15

This quick reference guide to more than 100 communicable diseases provides guidelines for the effective control of infectious diseases of children. The "Red Book" has been a "must" for child health professionals since the first edition in 1938.

- \* SCHOOL HEALTH: A GUIDE FOR HEALTH PROFESSIONALS - THIRD EDITION  
Manual, 297 pp., \$15

A complete handbook for those involved in the health care of children in school. The manual, written by the Academy's Committee on School Health, focuses on the important relationships between medicine, children, and schools.

TELEVISION AND THE FAMILY  
Brochure, 1980, \$8 per 100 copies

Children watch three to five hours of TV per day. They see violence, and they hear sponsors tell them to eat sugared cereals and candy--washed down with soda pop. The answer? This brochure recommends, among other solutions, the "off" button.

WHAT YOU SHOULD KNOW ABOUT MARIJUANA  
Brochure, 1980, \$6 per 100 copies

How does grass affect the mind and body? This brochure discusses the risks that marijuana users take and includes a special caution for pregnant women. Parents will want to know how marijuana affects learning ability and scholastic performance.

OTHER PATIENT EDUCATION MATERIALS AVAILABLE:  
Single copy free, \$6 per 100 copies

A CAREER IN PEDIATRICS, 1972

IMMUNIZATION FLYER, 1978

\* for professionals

INSTITUTIONS AND CAMPS FOR ASTHMATIC CHILDREN, 1976

PARENTS: GUIDELINES FOR YOUR FAMILY'S HEALTH INSURANCE, 1976

SELECTED REFERENCES ON LOW COST SEX EDUCATION PUBLICATIONS, 1980 (\$2)

FIRST RIDE...SAFE RIDE

These materials, intended for office or public distribution, must be purchased in quantities of 100 or more, except where indicated. A free sample of each will be sent to physicians, nurses, and institutions upon request written on office stationery. Others must pay \$8 for a complete set or \$1 per item.

AUDIO-VISUAL LIST (\$.80 each)

BRITAX SEATS FOR DISABLED CHILDREN (\$.40 each)

CAR POOLS AND FIELD TRIPS (\$30 per 100)

CHILDREN IN CRASHES (Insurance Institute 8½ x 11 inch booklet), 1982, Free

COMMUNITY HEALTH EDUCATIONAL PROGRAM ON CHILD AUTOMOBILE SAFETY (\$.55 each)

CONSUMER REPORTS "CHILD SAFETY SEATS" (\$.45 each)

DON'T RISK YOUR CHILD'S LIFE (Pamphlet, \$25 per 100)

DO YOU FLY WITH YOUR LITTLE ONES? (\$8 per 100)

FAMILY SHOPPING GUIDE (Updated every 3 months, \$15 per 100)

FIRST RIDE...SAFE RIDE BUTTON (2-1/8 inch diameter, \$20 per 100)

LOAN A SEAT FOR SAFETY (Manual, \$2 each)

LOCATING FUNDS FOR HEALTH PROMOTIONS (\$3 each)

RULES FOR THE RIDE, 1981 (\$8 per 100)

TEACHING PRESCHOOLERS ABOUT AUTOMOBILE SAFETY (\$30 per 100)

WHAT YOU CAN DO TO HELP PROTECT CHILDREN (\$125 per 100)

WHY DO WE BELIEVE IN CHILD RESTRAINTS? (\$8 per 100)

WHY SHOULD YOUR GROUP CONSIDER A SAFETY RENTAL PROGRAM (\$8 per 100)



BUMPER STICKERS (11-3/4 x 3 inches, \$15 per 100)

BUCKLE UP YOUR BABY

DRIVING'S EASIER...WHEN YOUR KIDS ARE BUCKLED UP

GET THEM OFF YOUR LAP...BUCKLE UP YOUR KIDS

LOVE YOUR KIDS? BUCKLE 'EM UP

MY BABY'S FIRST RIDE WAS A SAFE RIDE

DASHBOARD STICKERS (3½ x 2 to 4½ x 1-3/4 inches, \$10 per 100)

BUCKLE UP (Green or White)

EVERYONE IN THIS VEHICLE BUCKLES UP! (Green or White)

T-SHIRTS (Child and Adult Sizes: Small, Medium, and Large, \$5 each)

I'M LOVED! I RIDE BUCKLED UP!

THE FIRST RIDE...A SAFE RIDE

POSTERS

THE CURE FOR THE GREATEST KILLER OF CHILDREN (20 x 16 inches, free)

THE CURE FOR THE GREATEST KILLER OF CHILDREN (21 x 9½ inches, free)

DRUG LOOK-ALIKE (30 x 17 inches, \$3 each)

FIRST RIDE...SAFE RIDE BUCKLE UP (11 x 12 inches, free)

HEALTH CARE POSTER (18 x 24 inches, \$3 each, \$35 per 100)

INFANT SAFETY SEAT LOAN PROGRAM (8½ x 11 inches, \$8 per 100)

SHOULD I WEAR MY SEAT BELT DURING PREGNANCY? (8½ x 11 inches, \$8 per 100)

WHAT CAN HAPPEN TO A CHILD HELD IN YOUR ARMS? (8½ x 11 inches, \$8 per 100)

AMERICAN ASSOCIATION FOR AUTOMOTIVE MEDICINE

The American Association for Automotive Medicine is the only health-oriented multidisciplinary professional scientific organization devoted entirely to the prevention or reduction of road-related trauma. The AAAM espouses the philosophy that road-related trauma is a major public health problem requiring the leadership, commitment, and involvement of the medical and health care professionals as equal partners with the traditional highway safety specialists representing research, engineering, education, and enforcement.

TO ORDER:

Individual copies of publications may be ordered from the AAAM headquarters - prepayment is required on all orders. Quantity prices are available upon request. Send requests to: AAAM, Publications, 40 Second Avenue, Arlington Heights, IL 60005.

PRINTED MATERIALS

- \* PROCEEDINGS - International Symposium on Occupant Restraint - 1981  
Book, 255 pp., 1981  
To order: Soft Cover - \$30.00, Hard Cover - \$35.00

Assembles, from a medical perspective, the knowledge currently available worldwide about motor vehicle occupant restraint. Includes a special section on "The Special Needs of Infants, Children, and the Handicapped" and is intended for use by physicians, researchers, engineers, emergency medical departments, public health professionals, and other health care professionals.

- \* PROCEEDINGS - 26th Annual Conference - 1982  
Book, 388 pp., 1982  
To order: Case bound - \$20.00

Contains the texts of 24 scientific papers with 4 papers on Restraint Systems "The Special Needs of Children." Presents important information within the area of child passenger safety to be used by physicians, educators, researchers, and health care professionals.

The following 3 publications have 3-5 scientific articles on the special needs of children with restraint systems and other areas of child passenger safety.

- \* PROCEEDINGS - 25th Annual Conference - 1981  
Book, 483 pp., 1981  
To order: Case bound - \$20.00
- \* PROCEEDINGS - 24th Annual Conference - 1980  
Book, 516 pp., 1980  
To order: Paper copy - \$15.00
- \* PROCEEDINGS - 23rd Annual Conference - 1979  
Book, 499 pp., 1979  
To order: Paper copy - \$15.00

\* for professionals

AMERICAN COLLEGE OF NURSE-MIDWIVES

The American College of Nurse-Midwives (ACNM) establishes and maintains standards for the practice of nurse-midwifery in the United States. It collaborates with other professional groups and the public in efforts to improve the quality of health care available to women, children, and families.

TO ORDER:

With the exception of the Journal of Nurse-Midwifery (see below) all items may be ordered from the American College of Nurse-Midwives, 1522 K St., NW, Suite 110, Washington, DC 20005. Include item number when ordering. All orders must be prepaid or accompanied by an institutional invoice. Postage and handling are as follows:

<u>Amount of order</u>	<u>Postage and handling</u>
Up to \$10	20% of order
\$10 to \$100	15% of order
Over \$100	10% of order

PRINTED MATERIALS:

- \* ACCREDITATION FOR INTERNSHIPS AND REFRESHER PROGRAMS IN NURSE-MIDWIFERY  
Pamphlet, 4 pp., undated  
To order: Item no. 4; \$1

Defines each kind of program and gives criteria for its establishment and the level of practice to be attained.

- \* ACNM INDIVIDUAL NURSE-MIDWIFE'S DELIVERY RECORD BOOK  
Book, 50 pp., undated  
To order: Item no. 17; \$2.50

Provides space for the detailed recording of 144 cases.

- \* ACNM MEMBERSHIP DIRECTORY  
Book, 98 pp., 1981  
To order: Item no. 12; \$7 for members, \$10 for nonmembers

An alphabetical and regional listing of ACNM members.

- \* COMMUNITY ORIENTATION PACKET  
Resource Packet, 1981  
To order: Item no. 13; \$10

Includes articles on nurse-midwives in private practice, employment agreements, patient introductory letters, salary/benefits, and medical/legal/professional liability statements.

- \* for professionals

\* CONSULTATION SERVICES

Serial, 6 pp., annual

To order: Item no. 23; specify the registry being ordered; \$5 each

A collection of four registries, each listing ACNM members with expertise in one of four different areas: education, practice, administration, and research.

\* CORE COMPETENCIES IN NURSE-MIDWIFERY SERVICES: EXPECTED OUTCOMES OF NURSE-MIDWIFERY EDUCATION

Pamphlet, 9 pp., 1978

To order: Item no. 8; \$2

Identifies core of knowledge and skills basic to preparation for nurse-midwifery practice.

\* CRITERIA; GUIDELINES; POLICIES AND PROCEDURES AND EVALUATION AND ACCREDITATION OF EDUCATIONAL PROGRAMS IN NURSE-MIDWIFERY

Pamphlet, 8 pp., 1980

To order: Item no. 3; \$3

A set of three documents describing the accreditation process for educational programs: a plan for initiating it, guidelines for the self-evaluation report, and criteria used in evaluating each program.

\* FAMILY CENTERED MATERNITY/NEWBORN CARE IN HOSPITALS

Pamphlet, 10 pp., 1978

To order: Item no. 15; \$.50 each for 1-5 copies, \$.25 for each copy after the first 5

Joint position statement prepared by the Interprofessional Task Force on Health Care of Women and Children.

\* A FRAMEWORK FOR ESTABLISHING NURSE-MIDWIFERY PRACTICE IN A VARIETY OF SETTINGS

Book, 109 pp., 1979

To order: Item no. 21; \$15

A learning package for certified nurse-midwives to assist in setting up a practice. Includes information on types of practice, legal matters, job descriptions, and other aspects of a practice.

\* GUIDELINES FOR ESTABLISHING A HOSPITAL BIRTH ROOM; GUIDELINES FOR ESTABLISHING A HOME BIRTH SERVICE; GUIDELINES FOR ESTABLISHING AN ALTERNATIVE BIRTH CENTER

Pamphlets, 10 pp., undated

To order: Item no. 20; \$2.75 for 1, \$7.75 for all 3

Developed by the ACNM Clinical Practice Committee, these three documents assist certified nurse-midwives and others in establishing services in alternative care settings.

\* for professionals

\* GUIDELINES FOR ESTABLISHING A NURSE-MIDWIFERY PRACTICE

Pamphlet, 1 p., 1971

To order: Item no. 5; \$.50

Gives steps necessary to determine the legal ramifications of establishing a nurse-midwifery practice.

\* GUIDELINES FOR ESTABLISHING A NURSE-MIDWIFERY SERVICE

Pamphlet, 23 pp., 1972

To order: Item no. 7; \$6

Covers communication and demonstration of a need, organizational structure, philosophy and purpose, approved order, policies and procedures, legislation, and statistics.

\* JOURNAL OF NURSE-MIDWIFERY

Periodical, published 6 times a year, 50 pp.

To order: Item no. 24; make check payable to Journal of Nurse-Midwifery and order from Elsevier North-Holland, Inc., 52 Vanderbilt Ave., New York, NY 10017; \$21 per year (\$42 for institutions)

Includes articles on current knowledge in the fields of nurse-midwifery, parent-child health, obstetrics, family planning, neonatology, and well-woman gynecology.

\* NURSE-MIDWIFERY IN THE U.S.: 1976-1977

Pamphlet, 43 pp., 1978

To order: Item no. 10; \$2.50

Latest in a continuing series of descriptive surveys of nurse-midwives in the United States.

REGISTRY OF NURSE MIDWIFERY SERVICES

Serial, 50 pp., annual

To order: Item no. 22; \$4

Lists nurse-midwifery services in the United States with information on the type of care provided.

\* STATEMENT OF FUNCTIONS, STANDARDS, AND QUALIFICATIONS FOR THE PRACTICE OF NURSE-MIDWIFERY

Pamphlet, 4 pp., 1975

To order: Item no. 2; \$1

Tells what nurse-midwives are prepared to do, describes the framework within which they function, and gives the qualifications necessary for practice.

\* for professionals

\* STATEMENT ON NURSE-MIDWIFERY EDUCATION

Pamphlet, 1 p., 1977

To order: Item no. 9; \$.50

Defines nurse-midwifery education.

\* SURVEY OF LEGISLATION PERTAINING TO THE PRACTICE OF NURSE-MIDWIFERY AND  
UPDATE TABLES

Serial, 60 pp., annual

To order: Item no. 6; \$3.50

Classifies each State and jurisdiction according to legislation  
that permits or restricts the practice of nurse-midwifery.

WHAT IS A NURSE-MIDWIFE?

Pamphlet, 2 pp., 1982

To order: Item no. 1; \$.35 for 1 copy, \$.25 each for 2-10 copies,  
\$.20 each for 11-24 copies, \$.15 each for 25 or more  
copies

Describes the functions of a nurse-midwife and lists accredited  
educational programs.

for professionals

The American College of Obstetricians and Gynecologists (ACOG) is the national professional organization representing over 22,000 obstetrician-gynecologists. Its affiliate organization, the Nurses Association of the American College of Obstetricians and Gynecologists (NAACOG), represents 18,000 obstetrical-gynecological nurses.

The goals of ACOG include setting national standards in obstetrical-gynecological education and practice, promoting publications and encouraging contributions to medical and scientific literature pertaining to obstetrics and gynecology, and fostering and stimulating improvements in all aspects of the health care of women which properly come within the scope of obstetrics and gynecology.

TO ORDER:

All orders must be prepaid and complete ordering information should be included. For audiovisual materials, contact the distributor listed. The following addresses may be used for printed materials.

- Single copies of free printed materials: ACOG Resource Center, 600 Maryland Ave., SW, Suite 300 East, Washington, DC 20024
- Printed materials for sale: ACOG Distribution Center, 600 Maryland Ave., SW, Suite 300 East, Washington, DC 20024
- NAACOG publications: NAACOG Publications, 600 Maryland Ave., SW, Suite 200 East, Washington, DC 20024

PRINTED MATERIALS: (This is a sample of materials offered by ACOG and NAACOG. A complete set of order forms and list of publications are available from the ACOG Resource Center.)

\* ADOLESCENT PERINATAL HEALTH: A GUIDEBOOK

Pamphlet, 40 pp., 1979

To order: Single copy free from the ACOG Resource Center

Presents clinical guidelines concerning appropriate services for adolescents, to inform and assist physicians, concerned individuals, and organizations encountering adolescents in need of services in their communities.

FOOD, PREGNANCY, AND HEALTH

Pamphlet, 1 p., 1982

To order: ACOG Patient Education Pamphlet P001; single copy free from the ACOG Resource Center; also for sale from ACOG Distribution Center, \$20 for 100, \$75 for 500, \$150 for 1,000, plus \$2.00 handling charge.

Stresses importance of good nutritional habits during pregnancy. Lists four basic food groups, with examples of each.

\* for professionals

\* IMMUNIZATION DURING PREGNANCY

Pamphlet, 8 pp., 1982

To order: ACOG Technical Bulletin #64, 1982; single copy free from the ACOG Resource Center; also for sale from ACOG Distribution Center, \$12.50 for 25 copies plus \$2.00 handling charge.

Summarizes risk of exposure, disease, and immunization for different diseases that may occur during pregnancy. Contains detailed chart of immunizing agents with dosage and risks.

\* MATERNAL HEALTH POLICY

Pamphlet, 8 pp., 1977

To order: Single copy free from the ACOG Resource Center; ask for ACOG Statement of Policy and give title

Advocates and delineates the following items for inclusion in any program on maternal health policy: patient care services, education and research, evaluation of effectiveness, and financial considerations.

\* NUTRITION IN MATERNAL HEALTH CARE

Pamphlet, 14 pp., 1974

To order: Single copy free from the ACOG Resource Center

Designed as a guide to the nutritional component of maternal health services. Organized in sections dealing with clinical aspects of nutrition in pregnancy, nutritional risk during pregnancy, components of nutritional services, and nutrition personnel and resources.

\* PERINATAL HERPES SIMPLEX VIRUS INFECTIONS

Pamphlet, 3 pp., 1980

To order: Single copy free from the ACOG Resource Center; ask for ACOG Committee Statement, Committee on Obstetrics: Maternal and Fetal Medicine and the AAP Committees on Fetus and Newborn and Infectious Diseases, and give title

Reviews epidemiologic aspects of perinatal herpes infections and recommends appropriate preventive measures for the management of pregnant women with active infections, infants exposed to these women during delivery, and perinatal personnel with active infections.

\* STANDARDS FOR OBSTETRIC, GYNECOLOGIC AND NEONATAL NURSING

Pamphlet, 68 pp., 1981

To order: Order from NAACOG Publications; \$10 plus \$1.00 handling charge.

Covers standards for inpatient and outpatient gynecologic and obstetric nursing, family planning, abortion, and neonatal inpatient care, intensive care, and transport.

\* for professionals



\* STANDARDS FOR OBSTETRIC-GYNECOLOGIC SERVICES

Pamphlet, 119 pp., 1982

To order: Order from ACOG Distribution Center, \$20 + \$2.00 handling charge.

Contains guidelines and recommendations for the provision of obstetric-gynecologic health care in and out of the hospital. Designed to serve as a guide for hospital administrators, department chairmen, and practicing physicians.

AUDIOVISUAL MATERIALS:

THE ACOG PATIENT INFORMATION LIBRARY: OBSTETRICS LIBRARY

Audiocassettes, 10 tapes, 10-12 minutes each, 1979; accompanied by 10 pamphlets

To order: ACOG Patient Information Library--Obstetrics Library, c/o Medical Information Systems, Inc., 185 Great Neck Rd., Great Neck, NY 11021, \$100 per set

Each cassette consists of a dramatization of a patient-physician dialogue that thoroughly discusses one subject. Topics include breastfeeding and adapting to the new baby as well as other aspects of pregnancy and childbirth.

\* ACOG SELF-LEARNING PACKAGES

Multimedia kit, color slides, audiocassettes, syllabus and post-test, 1977+

To order: Order from ACOG Publications Secretary, \$100 per package for ACOG members; \$125 per package for nonmembers; \$300, any 4 packages for ACOG members; \$350, any 4 packages for nonmembers

Presents current information and patterns of practice with a clinical emphasis. Topics include prenatal fetal assessment and premature labor.

\* ACOG UPDATE

Audiocassette series, 60 minutes each, 12 issues per year, 1975+

To order: ACOG Update, c/o Medical Information Systems, Inc., 185 Great Neck Rd., Great Neck, NY 11021, \$150 per year for ACOG members, \$175 per year for nonmembers

Utilizes a panel discussion format on a single vital topic. Subjects include diabetes in pregnancy, antenatal diagnosis of genetic disorders, and many other topics in all areas of obstetrics and gynecology. Accompanied by transcripts and pre- and post-tests.

\* for professionals

UNDERSTANDING LABOR AND DELIVERY

Film, 16mm, Super 8mm, sound, color, 20-1/4 minutes, 1978

Videocassette, 3/4" or 1/2"

To order: ACO 104; ACOG Film & Video Service, P.O. Box 299, Wheaton, IL 60187, \$312; rental from AMA Film Library, c/o Association Films (at your regional office), \$15 for film (16mm only)

Explains what happens during labor and delivery. Procedures shown include fetal monitoring, IV feeding, prepping, medication for labor, local anesthesia, forceps delivery, spontaneous delivery, and post-delivery procedures.

## AMERICAN HOME ECONOMICS ASSOCIATION

The American Home Economics Association (AHEA) is a scientific and educational association of professionals. Its mission is to improve the quality of life for families. The Association acts through individuals and communities to effect the optimum balance between families and their environments.

### TO ORDER:

Send orders to Sales Office, American Home Economics Association, 2010 Massachusetts Ave., NW, Washington, DC 20036. Payment must accompany orders under \$10. A 10 percent discount is given on orders of \$10 or more for identical items. Handling charges are as follows:

<u>Amount of order</u>	<u>Handling</u>
Under \$10	\$ .50
\$10 - \$19.99	\$1.00
\$20 - \$59.99	\$1.50
\$60 - \$79.99	\$2.50
\$80 - \$99.99	\$3.50
Each increment of \$50 over \$100	\$1.00

### PRINTED MATERIALS:

#### CONCEPTION AND FETAL DEVELOPMENT

Pamphlet, 14 pp., undated

To order: No. 1041-5; \$3 for members, \$3.75 for nonmembers

Describes the sequence of procreation and possible dangers to healthy fetal development. Directed toward senior students with above-average ability and maturity; sections may be adapted to sex education classes.

#### PUBLIC SERVICE ADVERTISING POSTERS

Posters, set of 6, 17" x 22", black and white, 1978

To order: No. 0042-8; \$8 for members, \$10 for nonmembers

Focus on AHEA 1976-1981 priority issues, three of which relate to adolescent pregnancy and parenting education; these are reproductions of AHEA advertisements released to the media.

## AMERICAN LUNG ASSOCIATION

The American Lung Association is a voluntary health agency committed to the prevention and control of lung disease. Major emphasis is on smoking or health programs to prevent young people from starting to smoke and helping smokers kick the habit. A current focus is convincing the pregnant smoker to stop smoking, particularly through the health care providers who care for her.

### TO ORDER:

Copies of materials related to smoking and pregnancy may be obtained from your local American Lung Association.

### PRINTED MATERIALS:

- \* A KIT FOR HEALTH CARE PROVIDERS  
Informational Package, 1982  
To order: ALA Item #0432

A package to be distributed to obstetricians, prenatal clinics, hospitals, and other providers who care for pregnant women. It includes a comprehensive guide to using the program in counseling pregnant women, a graphic flip chart, ALA leaflets on smoking, a sample Kit for Pregnant Women (see following listing), patient Flowchart and Smoking Record for use in patients' medical records, and two full-color posters picturing mothers and their babies, with the "Because I Love My Baby" theme (additional copies of posters are available, ALA Item #5022C & 5023C).

- A KIT FOR PREGNANT WOMEN  
Informational Package, 1982  
To order: ALA Item #0408C

For distribution directly to pregnant women, the Kit includes a graphic leaflet on the health effects of smoking during pregnancy, an in-depth "Question and Answer" leaflet, a pressure sensitive sticker, and tent card that say "Because I Love My Baby I Quit Smoking," and a form to order the ALA FREEDOM FROM SMOKING self-help manuals.

### AUDIOVISUAL MATERIALS:

- BECAUSE YOU LOVE YOUR BABY  
Full color slide-tape program, 5 minutes, 1982  
To order: ALA Item #6175

This presentation highlights the decision of a smoker as she is confronted with the effects of smoking on her unborn baby. Can be used as a review of these health effects for health care providers or to present the facts directly to pregnant women.

\* for professionals

SMOKING AND PREGNANCY

Film. 30 second, 16mm color TV spot  
To order: ALA Item #6227

This TV spot offers help from the American Lung Association in helping women quit smoking during pregnancy. The spot was originated by the Office on Smoking and Health of the U.S. Department of Health and Human Services and adapted to Lung Association use.

AMERICAN NURSES' ASSOCIATION, INC.

The American Nurses' Association is the professional organization for registered nurses comprised of 53 constituent state nurses' associations which represent 163,000 registered nurses. The ANA Division on Maternal and Child Health Nursing Practice recommends and implements ANA policy related to the improvement of health care for mothers and children and develops standards of maternal and child health nursing practice and other publications. The Council of High-Risk Perinatal Nurses, a subgroup of the division, has over 100 members who practice in a variety of settings. The council publishes a quarterly newsletter, Reaching Out. Continuing Education programs are offered by both the division and council.

TO ORDER:

All publications listed below may be ordered by writing to Publications Orders, American Nurses' Association, 2420 Pershing Road, Kansas City, MO 64108, or by calling 816/474-5720. Order by publication number and title. Indicate quantities. Three methods of payment are available: (a) enclose check or money order made payable to the American Nurses' Association; (b) use your VISA, or MasterCard (\$10 minimum purchase); or (c) ANA will invoice you (\$25 minimum purchase). DO NOT SEND CASH. You may take advantage of quantity discounts of 20% for 10 or more copies of one title. Orders placed by telephone must be charged to VISA or MasterCard or qualify for invoicing.

PRINTED MATERIALS:

\* STANDARDS OF MATERNAL-CHILD HEALTH NURSING PRACTICE

Pamphlet, 12 pp., 1973 (revised edition available Fall 1983)  
To order: Pub. No. MCH-3; \$1.00

The ANA Division on Maternal and Child Health Nursing Practice defines standards for maternal and child health nursing practice.

\* A STATEMENT ON THE SCOPE OF MATERNAL AND CHILD HEALTH NURSING PRACTICE

Pamphlet, 12 pp., 1980  
To order: Pub. No. MCH-10; \$1.50

Statement by the ANA Division on Maternal and Child Health Nursing Practice describing this area of nursing practice and the types of practitioners in it.

\* A STATEMENT ON THE SCOPE OF HIGH-RISK PERINATAL NURSING PRACTICE

Pamphlet, 6 pp., 1980  
To order: Pub. No. MCH-12; \$1.50

The ANA Council of High-Risk Perinatal Nurses defines the role, characteristics, essential knowledge, skills, and professional responsibilities of today's high-risk perinatal nurse.

\* for professionals

A CALL TO ACTION ON BEHALF OF CHILDREN

Pamphlet, 15 pp., 1980

To order: Pub. No. MCH-11; \$2.50

Resolutions and statements of concern on topics related to the health and well-being of children, compiled by the ANA Division on Maternal and Child Health Nursing Practice.

AMERICAN PUBLIC HEALTH ASSOCIATION

The American Public Health Association, with its 50,000 members representing over 45 disciplines in public health--comprised of 30,000 individual members as well as 20,000 more health professionals within its network of state and local affiliates--is the oldest and largest organization of public health professionals in the world. Its broad scientific, professional, and administrative competence in a wide variety of health fields provides a unique capability for effective action and technical accomplishment in the health arena.

TO ORDER:

Individual copies of the publication may be obtained from the American Public Health Association, Publications Dept., 1015 15th Street, NW, Washington, DC 20005. All orders must be prepaid.

PRINTED MATERIALS:

AMBULATORY MATERNAL HEALTH CARE AND FAMILY PLANNING SERVICES POLICIES, PRINCIPLES, PRACTICES

Book, 276 pp., 1978

To order: (Stock No. 29, paperbound, \$8.00)

(Stock No. 33, hardcover, \$12.00)

Discusses broad guidelines to address the problems of quality, accessibility, and cost of health care provided a woman during her reproductive years. The conceptual framework of the guidelines goes beyond meeting medical/physical needs--they encompass both a preventive and therapeutic approach with a concern for the emotional, social, and economic needs of the community.



## AMERICAN RED CROSS

The goals of the American Red Cross Health Services courses are to promote individual well-being, to save human lives, and to prevent or reduce human suffering. The Red Cross offers courses of instruction entitled Preparation for Parenthood, Parenting: Your Child from One to Six, and Babysitting as well as programs in safety and accident prevention, home health skills, and youth leadership development.

### TO ORDER:

The materials listed below should be obtained through local chapters of the American Red Cross. To find local chapters, consult your telephone directory. Chapters may also provide assistance in program planning and instructor preparation. For questions about the development of the materials, individuals may contact the American Red Cross, National Headquarters, Health Services, 17th & D Streets, NW, Washington, DC 20006.

### PRINTED MATERIALS:

#### BABYSITTING

Teaching package, 8 hours minimum required for course, 1981

To order: Contact your Red Cross chapter; Stock No. 320196, \$20

Intended for group instruction with youths aged 11 and older. May be adapted for day-care center workers and babysitters of children with disabilities. Focuses on the responsibilities of the babysitter, development of job skills, characteristics of children, safety and accident prevention in the home, and child care skills. Includes discussion, problem solving, demonstration, and practice. Package includes an instructor guide, 25 ditto master activity sheets, 2 filmstrips of 12 frames each, and a 30-minute audiocassette recording.

#### FAMILY HEALTH AND HOME NURSING

Book, 626 pp., 1979

To order: Contact your Red Cross chapter; Stock No. 321176, \$6.75.

Serves as both a family health reference book and a textbook and is used during all Red Cross Nursing and Health Services courses. Also available at bookstores.

#### PARENTING: YOUR CHILD FROM ONE TO SIX

Teaching package, 16 hours required for course, 1981

To order: Contact your Red Cross chapter; Stock No. 321248 (Leader's Manual), \$6.75; Stock No. 321249 (Parent's Manual), \$5.

Focuses on skills needed in parenting; emphasizes group discussion on ways to help the parents stimulate the child's language, social, emotional, intellectual, and motor skills. Explores skills that help the child develop desired behaviors. The Parent's Guide is a workbook for use during the course.

PREPARATION FOR PARENTHOOD

Instructor Guide, 14 hours minimum required for course, 1976

To order: Contact your Red Cross chapter; Stock No. 321235, \$2.45.

Helps prospective parents know what to expect during the prenatal period, labor, delivery, and the baby's first year. Also used in classes for students in junior high school through college. Includes lectures, group discussions, demonstrations, and practice.

AMERICAN SOCIETY FOR PSYCHOPROPHYLAXIS IN OBSTETRICS  
ASPO/LAMAZE CHILDBIRTH/PREPARED PARENTHOOD

The American Society for Psychoprophylaxis in Obstetrics (ASPO/Lamaze) is a national, nonprofit organization that was founded in 1960 to promote the Lamaze method of prepared childbirth and family-centered maternity care. The Society is involved in preparing parents for the experience of pregnancy and birth and the demands of childrearing. Its 6,500 members include physicians, childbirth educators, other health care professionals, and parents. ASPO sponsors a nationally standardized teacher certification program in the Lamaze method of prepared childbirth. Teachers who complete the comprehensive 2-year program are ASPO Certified Childbirth Educators (ACCE). The program is accredited by the Council for Noncollegiate Continuing Education. ASPO also sponsors continuing education workshops each spring and an annual convention.

TO ORDER:

All materials listed below may be obtained by writing ASPO/Lamaze National Headquarters, P.O. Box 33429, Farragut Station, Washington, DC 20033, or by calling 703/524-7802. Orders placed by telephone must be charged to a VISA or MasterCard credit card. Only prepaid and credit card orders are accepted through the mail. Identify item and price. District of Columbia residents add 5 percent sales tax. Virginia residents add 4 percent sales tax. Minimum charge \$25.00. Postage and handling charges are as follows:

<u>Amount of Order</u>	<u>Postage and Handling</u>
Up to \$15	15% of order
\$15.01 - \$150	10% of order
Over \$150	5% of order

PRINTED MATERIALS:

\* ACCE: ASPO CERTIFIED CHILDBIRTH EDUCATION

Pamphlet, 6 pp.

To order: Single copy free

Provides an introduction to ASPO's teacher certification program for persons interested in teaching Lamaze childbirth. Provides details on eligibility, application, and costs.

CESAREAN CHILDBIRTH: HANDBOOK FOR EXPECTANT PARENTS

Pamphlet, 16 pp., 1981

To order: \$2.25; quantity discount available

Whether or not a couple is expecting a cesarean birth, this easy-to-read text will help them understand the medical procedures and how they can apply their Lamaze training to have a positive cesarean delivery.

\* for professionals

GENESIS

Periodical, published 6 times a year  
To order: \$30 per year

Contains articles and information of interest to physicians, childbirth educators, and parents about prepared childbirth and parenthood. In addition to sections for these three groups, each issue looks in depth at a pertinent topic, with "tear-out-and-save" pages relating to the topic explored.

LAMAZE PARENTS' MAGAZINE

Periodical, published once yearly  
To order: Free, written orders only for copies needed for entire year; send orders to 1840 Wilson Blvd., Dept. HMHB, Suite 204, Arlington, VA 22201. Quantities limited.

Handed out through childbirth educators, physicians, and hospitals to expectant parents taking Lamaze childbirth classes. Divided into two parts: first used as a supplement to class lectures and home practice; second as a guide to life at home with a newborn.

LEARNING TO RELAX

Pamphlet, 26 pp., 1980  
To order: \$1.50; quantity discount available

An instruction booklet on relaxation techniques with humorous, but effective, illustrations; geared toward childbirth.

MEDICATION CHART

Poster, 20" x 18", black and white, ca. 1977  
To order: \$2; quantity discount available

Lists the drugs normally used in labor and delivery, their therapeutic effects, effects on labor, side effects, placental transfer information, and method of administration.

\* THE PSYCHOPROPHYLACTIC METHOD OF CHILDBIRTH

Pamphlet, 12 pp., 1982  
To order: \$1.75

An easy-to-read primer that introduces physicians and other health care professionals to Lamaze childbirth and ASPO. Includes information on classes, teacher training, and the expectations of parents and the medical team during labor and delivery.

\* for professionals

AUDIOVISUAL MATERIALS:

FATHERS

Film, 16mm, sound, color, 28 minutes, 1980  
To order: Sale, \$385; rental, \$45 for 3 days

A touching film on the role of fathers both before and after birth. Explores feelings of new fathers and those with older children. Winner of CINE Golden Eagle Award. Recommended for church groups promoting the family unit, childbirth education classes, and other groups interested in the parental role of fathers.

NAN'S CLASS

Film, 16mm, sound, color, 40 minutes, 1978  
To order: Sale, \$425; rental, \$45 for 3 days

Follows expectant couples through a Lamaze class series and the births of their children. Film culminates with a class reunion of newborns. Participants include a single mother and several racial/ethnic couples. Winner of CINE Golden Eagle Award.

CALIFORNIA URBAN INDIAN HEALTH COUNCIL

The California Urban Indian Health Council, a consortium of seven Indian-managed health programs, is a central statewide organization for planning and developing health services for the State's growing urban Indian population. The Council provides technical assistance and training to the seven member programs and acts as an advocate with Federal and State agencies to meet the needs of the State's urban Indian population. Its programs include a Fetal Alcohol Syndrome Education/Prevention Program and a Healthy Pregnancy Program.

TO ORDER:

Send orders to the California Urban Indian Health Council, Inc., 1615 Broadway, Suite 210, Oakland, CA 94612.

PRINTED MATERIALS:

- \* CALIFORNIA INDIAN MATERNAL AND CHILD HEALTH PLAN  
Book, 127 pp., 1981  
To order: \$10.00

Documents the substandard health status of California's Indian women and children. Describes the impact of white culture on Indian culture and health status in California. Intended for use by medical providers, health program planners, health educators, policymaking agencies, and any special interest groups interested in maternal and child health.

- \* FETAL ALCOHOL SYNDROME COMMUNITY EDUCATION KIT  
Teaching Package, 16 components  
To order: \$40.00, shipping included

The kit contains 16 components: photo, posters, fact sheets, bumper stickers, book markers, pamphlets, a training script, and more aimed at creating an awareness of and preventing Fetal Alcohol Syndrome in the Indian community. All items are culturally appropriate. Intended for use as a training device and health education tool.

\* for professionals

CHILD WELFARE LEAGUE OF AMERICA

The Child Welfare League of America (CWLA) provides a wide variety of services to member agencies as well as leadership to the entire child welfare field. The League develops standards for services, conducts research, provides consultation to agencies and communities, publishes professional materials, co-operates with other organizations to improve policies for children, and provides legislative information and public policy direction.

TO ORDER:

With the exception of the first item, send orders to the Publications Order Department, Child Welfare League of America, 67 Irving Pl., New York, NY 10003. Payment must accompany orders under \$20. Include stock number when ordering.

PRINTED MATERIALS:

\* CWLA/CRITTENTON REPORTER ON SCHOOL-AGE PARENTING

Newsletter, monthly

To order: Send check, payable to the CWLA Center for Governmental Affairs, to the Center at 1346 Connecticut Ave., NW, Suite 310, Washington, DC 20036, \$36 per year.

Reports on current news about services to teenage parents and their families, including updates on Federal legislation and regulations. Funded by the National Florence Crittenton Mission.

\* OUR YOUNGEST PARENTS: A STUDY OF THE USE OF SUPPORT SERVICES BY ADOLESCENT MOTHERS

Book, 96 pp., 1980

To order: ISBN 0-87868-179-5/YF-2; \$4.95

Supplies research on the characteristics and problems of teenage mothers, most of whom keep their babies. The countrywide study of 185 mothers, practically all unmarried and aged 13 to 19 when their babies were born, centered on what help they used and what they needed. Perhaps most significant was that the longer the mothers used agency help, the more likely they were to seek ongoing support services to stabilize their lives.

\* for professionals

PARENTING CURRICULUM

Teaching package, 6 workbooks, 1973

To order: No. 010-0005; \$2.50 each, \$12.50 for set

Covers child development and care for adolescent mothers. Written at a reading level up to eighth grade, with vocabulary aids for reading skills. Includes drawings and brief text. The six workbooks are:

- Getting to Know Your Baby and Yourself/Prenatal to Birth
- Your New Human/Birth to One Month
- Learning About the World/One to Three Months
- Your Baby Grows/Three to Six Months
- Learning More Each Day/Six to Nine Months
- The End of the First Year/Nine to Twelve Months



COALITION ON SEXUALITY AND DISABILITY, INC.

The Coalition provides services for persons who are concerned about the effect of disability and social stigma upon interpersonal and social aspects of living. The population served includes persons with disabilities and other medical conditions, their spouses, intimates, families, health care providers, teachers, and other interested persons. Confidential services are provided in advocacy and public information; information and referral; education and training programs; and consultation.

For further information, contact George Marshall Worthington, Corresponding Secretary, The Coalition on Sexuality and Disability, Inc., 122 East 23rd Street, New York City, New York 10010.

In the area of maternal-child health, Health Education Associates, Inc. provides professional continuing education programs and publications for parents. Consulting services are also available to assist community groups implement successful breastfeeding management programs.

TO ORDER:

Write: Health Education Associates, Inc., at 211 South Easton Road, Glenside, Pennsylvania 19038 (or call at 215/576-8071). Bulk prices of pamphlets are available. All prices include the shipping costs. For a sample of the 19 pamphlets in the Adjusting to Parenthood and Breastfeeding series, send \$3.50 (prepaid or with a purchase order) to Health Ed.

PRINTED MATERIALS:

BREAST MASSAGE AND HAND EXPRESSION OF BREAST MILK COLLECTION AND STORAGE OF BREAST MILK

Pamphlet

To order: Single copy mailed out, \$.50

Practical explanation of essential breast techniques, useful for mothers who are engorged or want to learn how to collect milk without a pump.

\* BREASTFEEDING HANDBOOK: A PRACTICAL REFERENCE FOR PHYSICIANS, NURSES AND OTHER HEALTH PROFESSIONALS

Book, 256 pp. plus illustrations

To order: Single copy mailed out, \$17.85

Written by Johanna Goldfarb, MD, and Edith Tibbetts, one of HEA's outstanding writers and breastfeeding authorities. The book begins with a sound theoretical framework and then goes on to provide a comprehensive plan for breastfeeding management. This handy reference tool is a must for professionals who deal with breastfeeding women on a daily basis. The book emphasizes practical help and provides answers to every-day questions as well as unusual circumstances.

BREASTFEEDING: THOSE FIRST WEEKS AT HOME (Spanish version available, DAR EL PECHO)

Pamphlet

To order: Single copy mailed out, \$.50

The basic information a mother needs to succeed. "How do I know if my baby is getting enough milk?" "When my baby cries, how do I know if he's hungry?"

\* for professionals

BREASTFEEDING YOUR TWINS

Pamphlet

To order: Single copy mailed out, \$.50

All the basic information as in First Weeks, plus how to nurse twins. Nine photographs including twin positioning.

FATHERS ASK: QUESTIONS ABOUT BREASTFEEDING

Pamphlet

To order: Single copy mailed out, \$.50

Lists the advantages of breastfeeding and explains how the father can participate. Good for expectant or new parents. "What about nursing in mixed company?"

THE FIRST YEAR

Pamphlet

To order: Single copy mailed out, \$.50

Explains ages and stages in the first year in simple terms and gives parents suggestions for dealing with each stage. "If you know what to expect at different ages it can make life easier on you." Inexpensive way to prepare parents for the reality of the first year.

HAVE YOU THOUGHT ABOUT BREASTFEEDING?

Pamphlet

To order: Single copy mailed out, \$.50

Encourages women to make a thoughtful decision on feeding their babies. Lists the advantages of breastfeeding and addresses common concerns. Advises women to make a decision they will be happy with.

HOW TO USE A BREAST PUMP

Poster, 11" x 22", on heavy paper, has an attractive format

To order: \$1.50 per poster plus postage

Step-by-step illustrations and easy-to-read directions on how to use a breast pump. Also describes the collection and temporary storage of human milk in a home setting.

LOW WEIGHT GAIN IN THE HEALTHY BREASTFED INFANT

Chart, 11" x 17", on heavy paper

To order: \$1.00 plus postage

Lists causes and interventions for nursing mothers whose babies are not gaining.

MAKING LOVE

Pamphlet

To order: Single copy mailed out, \$.50

Tactful yet frank discussion of sexual readjustment postpartum. Insight from a young couple's experiences with the emphasis on solutions. "What Pam and Jeff realized this time is true for other new parents--there are more than the two choices of having intercourse or lying on opposite sides of the bed. Holding, cuddling, giving back rubs, massage are physical ways of loving that are especially appropriate for right after childbirth."

NURSING AND WEANING THE OLDER BABY AND TODDLER

Pamphlet

To order: Single copy mailed out, \$.50

Insight and understanding, along with practical suggestions. For the mother who wants to keep nursing, the mother who wants to wean, and for the mother with mixed feelings.

NURSING IS EASY

Pamphlet

To order: Single copy mailed out, \$.50

Very easy-to-read version of First Weeks. Discusses how to manage at home, having enough milk, etc. Multi-ethnic illustrations.

POSTPARTUM BREAST CARE FOR BREASTFEEDING WOMEN

Set of 2 charts, 11" x 17", on heavy paper

To order: \$1.50 per set plus postage

Describes breast care and interventions for engorgement, sore nipples, flat/inverted nipples, clogged milk ducts.

PRENATAL BREAST CARE: PREPARING FOR BREASTFEEDING

Pamphlet

To order: Single copy mailed out, \$.50

Discusses nipple preparation for normal, flat, and inverted nipples. Answers questions commonly asked by expectant parents.

STARTING YOUR BABY ON SOLID FOODS

Pamphlet

To order: Single copy mailed out, \$.50

Easy-to-read practical guide to selecting and preparing nutritious foods for babies. Relates early feeding to lifetime eating habits. Multi-ethnic illustrations, plus step-by-step directions.

TIME OUT FOR BREASTFEEDING MOTHERS: GOING OUT, GOING TO WORK, GOING TO SCHOOL

Pamphlet

To order: Single copy mailed out, \$.50

Gives practical help and encouragement for the modern woman who wants to combine breastfeeding along with other commitments in her life. Ideal for mothers who are afraid that nursing will "tie them down."

TOO MUCH MILK - TOO LITTLE MILK

Set of 2 charts, 11" x 17", on heavy paper

To order: \$1.50 per set plus postage

Lists practical interventions for the mother with an inadequate milk supply and for the mother who is uncomfortable with too much milk.

WEANING YOUR BREASTFED BABY

Pamphlet

To order: Single copy mailed out, \$.50

Clear and practical information, written in a helpful but nonjudgmental manner. Discusses feelings of mothers and babies.

WHEN YOUR BABY NEEDS YOUR MILK: COLLECTING MILK FOR A BABY WHO CANNOT NURSE

Pamphlet

To order: Single copy mailed out, \$.50

Practical information, especially suitable for mothers of premature infants. Step-by-step illustrations also make it appropriate for mothers with low reading levels.

WHY DO MOTHERS BREASTFEED?

Pamphlet

To order: Single copy mailed out, \$.50

Very-easy-to-read description of the advantages of breastfeeding. Also answers common concerns (fear of embarrassment, need for time away from baby). Multi-ethnic illustrations.

YOUR NEW BABY (available in Spanish TU BEBE NUEVO)

Pamphlet

To order: Single copy mailed out, \$.50

Easy-to-read and equally appropriate for traditional families and single mothers. Helps new parents to understand what a new baby is like, and makes positive suggestions for dealing with the baby's needs. "What should I do when my baby cries?" "How do I know I won't spoil the baby?"

INTERNATIONAL ASSOCIATION OF PARENTS AND PROFESSIONALS  
FOR SAFE ALTERNATIVES IN CHILDBIRTH

The International Association of Parents and Professionals for Safe Alternatives in Childbirth (NAPSAC) promotes education about the principles of natural childbirth. It helps to implement family-centered maternity care in hospitals; assists in the establishment of maternity and childbearing centers and safe home programs; and provides educational opportunities for the parents-to-be.

TO ORDER:

Send orders to NAPSAC, P.O. Box 267, Marble Hill, MO 63764. Prices quoted below include postage if order is prepaid.

PRINTED MATERIALS:

\* COMPULSORY HOSPITALIZATION OR FREEDOM OF CHOICE IN CHILDBIRTH

Book, 3 volumes, 984 pp. (total), 1979

To order: \$7.75 for each volume, \$19.50 for the set

Volume 1 covers government regulation, prenatal regionalization, obstetric interventions, and hospital practice; Volume 2, midwifery, birth centers, home birth, and legal aspects; Volume 3, consumer involvement, childbirth education topics, children at birth, and philosophical topics. Winner of Books of the Year Award from the American Journal of Nursing in 1979.

\* EFFECTIVE LOCAL PUBLICITY

Pamphlet, 54 pp., 1979

To order: \$2.75

A guide to increasing the visibility of birth alternatives for groups and individuals seeking to inform and educate the public about safe choices in childbirth.

THE FIVE STANDARDS FOR SAFE CHILDBEARING

Book, 484 pp., 1980

To order: \$9.95

Presents a complete maternity plan that would reduce mortalities to a minimum at the least cost and greatest energy efficiency. Used as a text or supplementary text. Written for the public but with extensive citations from professional medical literature.

THE NAPSAC DECLARATION OF INDEPENDENCE

Pamphlet, 2 pp., 1980

To order: Single copy free; send self-addressed, stamped envelope

Statement of NAPSAC principles.

\* for professionals

THE NAPSAC DIRECTORY OF ALTERNATIVE BIRTH SERVICES AND CONSUMER GUIDE

Book, 280 pp., 1982

To order: \$5.95

Lists midwives, birth centers, home birth programs, natural child-birth doctors, and childbirth educators in the alternative childbirth field. Also contains a consumer guide with suggestions for choosing a doctor, midwife, birth center, or hospital.

\* NAPSAC NEWS

Periodical, quarterly, 28-36 pp.

To order: \$12 per 1 year (\$14 outside USA)

Covers the latest medical and political news in the maternal and child health field.

SAFE ALTERNATIVES IN CHILDBIRTH

Book, 198 pp., 3rd edition, 1978

To order: \$5.95

An anthology of articles and essays by parents and professionals. Written for parents and documented for professionals, it presents information on the safety of home births compared to that of hospital births. Winner of the Books of the Year Award from the American Journal of Nursing in 1976.

TRU-BREAST

Pamphlet, 2 pp., 1978

To order: Single copy free; send self-addressed, stamped envelope

Presents the advantages of breastfeeding in the humorous form of a commercial advertisement.

\* TWENTY-FIRST CENTURY OBSTETRICS NOW!

Book, 2 volumes, 617 pp. (total), 1978

To order: \$7.50 for each volume, \$12.25 for the set

Contains 34 chapters by over 50 authorities. Includes a matched-population study on home-versus-hospital birth.

\* for professionals

INTERNATIONAL CHILDBIRTH EDUCATION ASSOCIATION

The International Childbirth Education Association (ICEA) brings together consumers and health care professionals who support family-centered maternity care and desire to promote preparation and education for childbearing and breastfeeding.

TO ORDER:

Send orders to ICEA Bookcenter, P.O. Box 20048, Minneapolis, MN 55420. Quantity discounts are available. Discounts for members on orders over \$30 are also available. Postage and handling charges are as follows:

<u>Amount of order</u>	<u>Postage and handling</u>
Up to \$1	\$ .60
\$1.01 - \$3	\$1.00
\$3.01 - \$10	\$1.25
\$10.01 - \$30	\$1.75
\$30.01 - \$50	\$2.50
\$50.01 - \$100	\$4.00
Over \$100	5% of order

PRINTED MATERIALS:

- \* AUDIOVISUALS ABOUT BIRTH AND FAMILY LIFE by Doreen Shanteau  
Book, 128 pp., 1981  
To order: \$10

Lists and describes over 860 audiovisuals, with distributor's name and address and rental and purchase information.

- BONDING--HOW PARENTS BECOME ATTACHED TO THEIR BABY by Diony Young  
Pamphlet, 12 pp., 1978  
To order: \$.50

Focuses on the importance of early establishment of the parent-infant bond in the hospital. Includes factors that affect this attachment process.

BREASTFEEDING SAMPLER

- Pamphlets, set of 5  
To order: \$.50 per set

One each of the five pamphlets on breastfeeding: Checklist for Counseling Breastfeeding Mothers; How the Breast Functions; Have You Considered Breastfeeding?; Instructions for Nursing Your Baby; and Simple Instructions for Nursing Your Baby. See separate entries for these titles.

for professionals



- \* CHECKLIST FOR COUNSELING BREASTFEEDING MOTHERS by Doris Haire  
Pamphlet, 2 pp.  
To order: \$.25

Lists common problems and possible causes: sore, cracked nipples; insufficient milk; fussy baby; exhausted mother; skin rash; stasis; breast infection; discomfort during weaning.

- HAVE YOU CONSIDERED BREASTFEEDING by Doris Haire  
Pamphlet, 4 pp.  
To order: \$.10

Explains that breastfed babies have fewer illnesses, that breast-feeding saves money and is more convenient, and that one can breast-feed without being noticed. Answers six common questions about breastfeeding.

- HOW THE BREAST FUNCTIONS by Doris Haire  
Pamphlet, 4 pp.  
To order: \$.10

Shows anatomy of the breast and describes physiology of milk production. Quantity and quality of milk, avoiding difficulties, leaking, and the effect of menstruation and weaning are discussed.

- \* HOW TO GROW A PARENTS GROUP by Mason, Jensen, and Ryzewicz  
Book, 224 pp., 1979  
To order: \$4

Describes parent support and education programs and the group organizations needed to support such programs.

- \* HUMANIZING MATERNITY SERVICES THROUGH FAMILY-CENTERED CARE  
Pamphlet, 27 pp., 1982  
To order: \$3.50

Discusses the importance of family-centered childbirth including prenatal and postpartum care as well as labor and delivery. Describes various alternatives to the traditional delivery room.

- \* ICEA POSITION PAPER ON PLANNING COMPREHENSIVE MATERNAL AND NEWBORN SERVICES FOR THE CHILDBEARING YEAR  
Pamphlet, 16 pp.  
To order: \$.35

Includes deficiencies of existing planning models; requisite features for a comprehensive plan; prenatal, perinatal, and postpartum care systems; and an adolescent parent program.

\* for professionals

\* ICEA REVIEW

Periodical, published 3 times a year

To order: \$3 per year for ICEA members at time of membership application; back issues, \$1.50

Each issue examines a topic of current interest and/or controversy within the childbearing field and includes abstracts from literature as well as editorial and guest commentary. Back issues include: "Maternal Position During Labor and Birth," 1978; "The Pregnant Smoker: Hazards to Fetal and Maternal Health," 1978; "Physiologic Jaundice of the Newborn," 1979; "Amniotomy," 1979; "Vaginal Birth Following Cesarean Section," 1979; "Maternal Stress and Pregnancy Outcome," 1980; "Postpartum Depression," 1980; "Endorphins and Analgesia," 1980; "Circumcision," 1981; "Epidural Analgesia," 1981; "Children at Birth," 1981.

INSTRUCTIONS FOR NURSING YOUR BABY by Doris Haire

Pamphlet, 6 pp.

To order: \$.15

Offers practical suggestions for initial feedings in the hospital and at home.

LABOR AND BIRTH: A GUIDE FOR YOU by Linda Todd

Pamphlet, 52 pp., 1981

To order: \$2.50

Offers a simple, concise description of labor relaxation and breathing techniques, medical procedures, and postpartum needs of newborns and parents. Vignettes and multi-racial illustrations convey the challenge and joy involved in giving birth. Requires minimal reading skill.

NO SMOKING: FETAL GROWTH IN PROGRESS

Poster, 8-1/2" x 11", blue lettering on white

To order: \$.30

\* OUTREACH TEACHING by Barbara McCormick

Book, 110 pp., 1979

To order: \$6

A guide to offering prepared childbirth classes to individuals who have not traditionally had access to birth preparation.

PARENTS' GUIDE TO THE CHILDBEARING YEAR by Peg Beals

Pamphlet, 84 pp., revised 1980

To order: \$3.50

A source book for expectant parents. May be used alone when classes are not available.

for professionals

THE PREGNANT PATIENT'S BILL OF RIGHTS--THE PREGNANT PATIENT'S RESPONSIBILITIES by Doris Haire

Pamphlet, 4 pp.

To order: \$.20

Gives the ACOG statement in support of informed consent and lists a woman's rights and responsibilities in maternity care.

SIMPLE INSTRUCTIONS FOR NURSING YOUR BABY (also available in Spanish and French)

Pamphlet, 4 pp.

To order: \$.10

Offers practical suggestions for initial feedings; written at the third-grade reading level.

UNNECESSARY CESAREANS--WAYS TO AVOID THEM by Diony Young

Pamphlet, 27 pp., 1980

To order: \$1.50

Discusses ways to minimize the possibility of a cesarean delivery and increase the potential for optimal outcome should a cesarean become necessary; fully documented.

La Leche League International (LLLI) and its affiliates offer encouragement, information, and support to women who wish to nurse their babies. In so doing, LLLI fosters good mothering through breastfeeding, encourages the optimal physical and emotional growth of the child, and contributes to the development of close family relationships. LLLI offers its experience, information, and services to interested professional and lay persons. LLLI publishes materials on tape and in Braille for the blind or handicapped. (See Special Publications List, No. 502.) Many League publications are available in languages other than English. LLLI currently has 28 languages. (See Translations List, No. 508.)

TO ORDER:

Many items listed are available directly from League groups throughout the world, saving delivery time and cost of postage. For information on the nearest League representative, consult your telephone book or send for a Directory, No. 504. Send for free Catalogue, No. 501, a 16-page pamphlet describing all of our publications. If it is more convenient to order by mail, send your order to: La Leche League International, 9616 Minneapolis, P.O. Box 1209, Franklin Park, IL 60131-8209, USA. LLLI Order Department telephone: 312/451-1891. Shipping and handling charges will be billed.

PRINTED MATERIALS:

BEST BARGAIN POSTER

Poster, 11" x 17", color

To order: No. 465; \$.75

Color cartoon comparing costs of breastfeeding versus formula.

\* BIOLOGICAL SPECIFICITY OF MILK

Pamphlet, 4 pp., 1983

To order: No. 167; \$.50

Description of the qualities that make human milk uniquely suitable for human babies; documenting references.

\* BIOLOGY IS ONE KEY TO THE BONDING OF MOTHERS AND BABIES

Pamphlet, 5 pp., 1982

To order: No. 115; \$.75

Readable account of recent research on bonding. Reprinted from Smithsonian.

BOND OF LOVE POSTER

Poster, 16" x 21", color

To order: No. 462; \$1.25 postpaid

Full-color poster of mother nursing her baby.

\* for professionals

\* BONDING: HOW PARENTS BECOME ATTACHED TO THEIR BABY

Pamphlet, 10 pp., 1978  
To order: No. 149; \$.95

Presents research on parent-infant attachment and implications for hospital care of the new family.

\* BREASTFEEDING ABSTRACTS

Periodical, 4 pp.  
To order: No. 192; one-year subscription: USA \$7.00; other countries \$10.00. No. 193; single copy \$2.00

This quarterly periodical includes reports and comments on current breastfeeding research from medical literature.

\* BREASTFEEDING: A COMMENTARY

Pamphlet, 11 pp., 1978  
To order: No. 112; \$1.00

The joint statement of the Canadian Paediatric Society and the American Academy of Pediatrics in support of breastfeeding. Reviews the research (133 references) on the benefits of breastfeeding.

\* BREASTFEEDING AND DENTAL CARIES

Pamphlet, 4 pp., 1979  
To order: No. 31; \$.40

Discusses nursing and other factors that influence dental health in young children.

\* BREASTFEEDING AND DRUGS IN HUMAN MILK

Pamphlet, 48 pp., 1980  
To order: No. 505; \$5.00

Comprehensive listing of drugs and their effects on the nursing mother and infant with 253 references. Introductory comments discuss factors to consider when prescribing for the nursing mother. Reprinted from Veterinary and Human Toxicology.

\* BREASTFEEDING AND NATURAL CHILD SPACING

Book, 197 pp., 1980  
To order: No. 320; \$3.95

Explains the concept of "natural mothering" and how it can postpone the return of fertility.

\* BREASTFEEDING AND THE ORAL CONTRACEPTIVE PILL

Pamphlet, 4 pp., 1975  
To order: No. 18; \$.40

Summary of the hazards of oral contraceptive use in breastfeeding women.

\* for professionals

\* BREASTFEEDING: HELPING THE MOTHER GET STARTED

Pamphlet, 4 pp., 1976  
To order: No. 117; \$.50

How the postpartum nurse can contribute to successful initiation of breastfeeding.

BREASTFEEDING IN TODAY'S WORLD

Pamphlet, 1 p., 1983  
To order: No. 139; \$.40

The satisfaction of breastfeeding for the modern woman.

\* BREASTFEEDING: NEW EVIDENCE IT'S FAR MORE THAN NUTRITION

Pamphlet, 5 pp., 1979  
To order: No. 137; \$.75

Scientific evidence on the value of breast milk for human development. Reprinted from Medical World News, 1979.

BREASTFEEDING: THE BEST BEGINNING

Pamphlet, 8 pp., 1983  
To order: No. 150; Free--over 25, shipping/handling will be charged.

Introductory brochure for new and expectant mothers. An encouraging, positive look at the benefits of breastfeeding; also describes La Leche League's publications and program.

\* BREASTFEEDING THE DOWN'S SYNDROME BABY

Pamphlet, 8 pp., 1980  
To order: No. 51; \$1.00

The LLL philosophy of mothering applied to the retarded child. Includes the how and why of breastfeeding and ideas for helping the Down's Syndrome baby achieve his full potential.

\* BREASTFEEDING YOUR PREMATURE BABY

Pamphlet, 12 pp., 1980  
To order: No. 13; \$.75

Advice on coping with the emotions that follow a premature birth, as well as hints for expressing and storing milk and getting the baby started at the breast.

\* BREAST-FEEDING: SECOND THOUGHTS

Pamphlet, 8 pp., 1974  
To order: No. 60; \$1.00

Review of research on breastfeeding's immunological benefits. Reprinted from Pediatrics.

\* for professionals

\* CATALOGUE

Pamphlet, 16 pp., 1983

To order: No. 501; Free--over 25, shipping/handling will be charged.

Booklet describing all breastfeeding publications and related materials now available from La Leche League. Includes price list and order form.

DOES YOUR BABY NEED A PACIFIER?

Pamphlet, 2 pp., 1974

To order: No. 110; \$.40

Pacifiers can't substitute for mother, but sometimes they can serve a useful purpose. This sheet tells you when and how.

\* ENVIRONMENTAL CONTAMINANTS IN BREAST MILK

Pamphlet, 4 pp., 1982

To order: No. 30; \$.40

Reviews the research and provides reassuring answers. Suggests ways a mother can minimize her exposure to contaminants.

\* ESTABLISHING AN INSTITUTIONAL MILK BANK

Pamphlet, 19 pp., 1980

To order: No. 89d; \$2.00

Report on milk bank practices with LLLI recommendations. Includes Guidelines for Milk Donations.

ESTABLISHING YOUR MILK SUPPLY

Pamphlet, 2 pp., 1982

To order: No. 81; \$.40

The basic principles of supply-and-demand feeding, with reassurance for new mothers that they can produce enough milk. Reprinted from LLL's monthly column in Baby Talk.

\* HOW THE MATERNITY NURSE CAN HELP THE BREASTFEEDING MOTHER

Pamphlet, 24 pp., 1982

To order: No. 118; \$1.50

The management of lactation from the nurse's perspective.

INCREASING YOUR MILK

Pamphlet, 4 pp., 1982

To order: No. 85; \$.40

Begins with positive note, assuring a mother that she probably does have a good milk supply; closes with a list of suggestions to help build up a low milk supply.

\* for professionals

\* IMMUNIZATIONS

Pamphlet, 2 pp., 1978  
To order: No. 25; \$.40

Answers to special concerns about immunizing the breastfeeding couple.

INFANT AS A HUMAN BEING

Pamphlet, 4 pp., 1978  
To order: No. 53; \$.50

The child's need for human contact and love is thoroughly explored.

\* IRON SUFFICIENCY IN BREAST-FED INFANTS; THE AVAILABILITY OF IRON FROM HUMAN MILK

Pamphlet, 6 pp., 1976  
To order: No. 61; \$.75

Important study on iron nutrition in completely breastfed babies. Reprinted from Pediatrics.

\* IS YOUR BABY JAUNDICED?

Pamphlet, 4 pp., 1982  
To order: No. 84; \$.50

Explains jaundice in newborns and why doctors are concerned about it and how it can be treated without interfering with breastfeeding. Reprinted with additional references from The Womanly Art of Breastfeeding.

\* A KEY TO SUCCESSFUL BREASTFEEDING IN A NON-SUPPORTIVE CULTURE

Pamphlet, 8 pp., 1976  
To order: No. 136; \$1.00

The importance of mother-to-mother support for breastfeeding.

\* MANAGING NIPPLE PROBLEMS

Pamphlet, 4 pp., 1982  
To order: No. 11; \$.40

Explains proper positioning of baby in order to avoid and/or cure nipple soreness.

MOTHERING MULTIPLES

Pamphlet, 52 pp., 1982  
To order: No. 52; \$2.50

Everything the mother of multiples needs to know about breastfeeding and caring for her babies. Full of practical tips from experienced mothers of twins.

\* for professionals



\* NURSING MY BABY WITH A CLEFT OF THE SOFT PALATE

Pamphlet, 8 pp., 1983  
To order: No. 22; \$.50

A mother shares her personal experience with teaching a cleft palate baby to breastfeed. Reprinted from Clinical Pediatrics.

NURSING YOUR BABY

Book, 289 pp., 1973  
To order: No. 370; \$3.50

One of the classics on breastfeeding; this book presents the "how-to" and also analyzes social attitudes and feelings surrounding nursing.

PREPARING YOUR NIPPLES

Pamphlet, 2 pp., 1983  
To order: No. 106; \$.40

Routine breast care for pregnant mothers and special advice for those with flat or inverted nipples.

\* SORE BREASTS

Pamphlet, 4 pp., 1983  
To order: No. 29; \$.40

Treatment and prevention of plugged ducts and breast infections.

\* SORE NIPPLES

Pamphlet, 4 pp., 1983  
To order: No. 28; \$.40

Suggestions for relieving nipple pain and preventing its recurrence.

SPECIAL PUBLICATIONS LIST

Pamphlet, 5 pp., 1978  
To order: No. 502; Free

Materials available on tape or in Braille for blind and handicapped parents.

SUCCESSFUL LACTATION AND WOMEN'S SEXUALITY

Pamphlet, 4 pp., 1978  
To order: No. 148; \$.40

Breastfeeding as an aspect of female sexual identity.

THERE'S A NEW BABY IN YOUR LIFE? CONGRATULATIONS!

Pamphlet, 4 pp., 1976  
To order: No. 58a; \$.40

Outlines "how-to" of breastfeeding and working.

\* for professionals

THOUGHTS ABOUT WEANING

Pamphlet, 2 pp., 1977  
To order: No. 125; \$.40

Reassurance about baby-led weaning.

\* TOGETHER AND NURSING FROM BIRTH

Pamphlet, 6 pp., 1983  
To order: No. 120; \$.75

The importance of nursing early and often. Includes information to disprove many of the arguments against breastfeeding immediately after birth.

\* TRANSLATIONS LIST

Pamphlet, 8 pp., 1983  
To order: No. 508; Free

League publications available in 28 languages other than English. Includes Translations Order Form.

\* THE UNIQUENESS OF HUMAN MILK

Pamphlet, 57 pp., 1971  
To order: No. 161; \$2.95

Reprint of a 1971 symposium published in the American Journal of Clinical Nutrition. A classic collection of scholarly articles on the advantages of breastfeeding.

\* WHEN YOU BREASTFEED YOUR BABY

Pamphlet, 8 pp., 1983  
To order: No. 124; \$.50

Basics for the early weeks of breastfeeding. Special bulk discounts encourage use as a hospital handout.

\* THE WOMANLY ART OF BREASTFEEDING

Book, 368 pp., 1981  
To order: No. 250 (softcover); \$7.95  
          No. 251 (hardcover); \$12.95

A revised and enlarged edition of The Womanly Art of Breastfeeding published by La Leche League International. Based on the experience of helping hundreds of thousands of women breastfeed their babies, the new edition includes 250 first-person stories and 130 photographs. With over one million copies of the '63 edition in print, this book has provided needed answers to two generations of nursing mothers. Every nursing mother should own a copy of The Womanly Art of Breastfeeding, the most comprehensive handbook on breastfeeding and parenting ever published.

\* for professionals

WORKING AND BREASTFEEDING

Pamphlet, 24 pp., 1982

To order: No. 58, \$1.95

Gives positive view of nursing and working; includes stories of working nursing mothers.

\* YOU CAN BREASTFEED YOUR BABY...EVEN IN SPECIAL SITUATIONS

Book, 596 pp., 1979

To order: No. 400; \$12.95

Exhaustive reference work on nursing in unusual circumstances--premature or sick infants, mothers with health problems, etc.

\* for professionals

MARCH OF DIMES BIRTH DEFECTS FOUNDATION

Professional Education Department

The Professional Education Department of the March of Dimes Birth Defects Foundation provides educational programs, publications, and audiovisuals to assist health professionals who are involved in providing perinatal health care.

TO ORDER:

Unless otherwise stated, send orders to the Professional Education Department, Room 21, March of Dimes Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605. Materials are free unless otherwise indicated. Include number when ordering.

PRINTED MATERIALS:

The first section of printed materials lists 13 booklets that are divided into 3 series and known collectively as the "Nursing Staff Development Programs." Following this section, all remaining titles are listed in alphabetical order.

NURSING STAFF DEVELOPMENT PROGRAMS

Booklets, 3 series of 13 booklets

To order: Request by title, with prepayment, from Material and Supply at the above address.

Designed to assist nurses to provide optimal health care for perinatal clients. Patient education and informed consent are emphasized in these programs. Some of the program booklets are accompanied by audiovisuals, as noted.

- \* Series 1: "The First Six Hours of Life"; focuses on providing optimal health care for the newborn during the critical 24-hour period after birth.

ASSESSMENT OF RISK IN THE NEWBORN: EVALUATION DURING THE TRANSITIONAL PERIOD, 24 pp., 1980, \$1

EARLY PARENT-INFANT RELATIONSHIPS, 89 pp., 1978, \$3; slide/tape, \$18

HYPOGLYCEMIA IN THE NEWBORN, 21 pp., 1977, \$1; slide/tape, \$18

NEONATAL RESPIRATORY DEPRESSION, 24 pp., 1982, \$2

NEONATAL THERMOREGULATION, 37 pp., 1976 and 1979, \$.65

\* for professionals

- \* Series 2: "Prenatal Care"; focuses on providing optimal health care for the pregnant woman, the fetus, and the family. Emphasizes education of the patient to recognize high-risk symptoms and patient knowledge and informed consent concerning procedures and medications.

FETAL ASSESSMENT, 35 pp., 1979, \$2

MATERNAL ASSESSMENT: BLOOD PRESSURE, 20 pp., 1979, \$1

MATERNAL ASSESSMENT: URINE EVALUATION, 20 pp., 1979, \$1.25

PRIMARY CARE OF THE PREGNANT WOMAN: LABORATORY TESTS, 23 pp., 1978, \$1.50

PSYCHOSOCIAL ASPECTS OF CHILDBEARING, 60 pp., 1981, \$3.50

- \* Series 3: "Intrapartal Care"; focuses on health care during labor and delivery to ensure optimal outcome for the newborn. Emphasizes informed consent and patient knowledge regarding procedures and medications.

OXYTOCICS FOR THE INDUCTION OF LABOR, 18 pp., 1981, \$1.50

PRESENTATIONS AND POSITIONS, 26 pp., 1981, \$2

SELECTED DRUGS USED DURING LABOR AND DELIVERY, 24 pp., 1980, \$1.75

\* BIRTH DEFECTS: ORIGINAL ARTICLE SERIES

Book series, 117 volumes, 1968+

To order: Individual volumes differ in price and publisher; request publications catalog from above address.

This series comprises 117 volumes (to date) which deal with all aspects of birth defects. The books for the most part are the proceedings of various conferences held to delineate, detect, manage, and treat birth defects, and cover most body systems from the central nervous system and the brain to the limbs and feet. They are a valuable aid to the student as well as to the clinician.

\* CHEMICAL AND PHYSICAL EXPOSURES OF PARENTS: EFFECTS ON HUMAN REPRODUCTION AND OFFSPRING by Barbara Reiber Strobino, Jennie Kline, and Zena Stein

Pamphlet, 20 pp., 1978

To order: RS-202

Reviews observed effects on reproduction of parents' exposure to environmental hazards both before and after conception.

\* for professionals

- \* CONTEMPORARY GENETIC COUNSELING edited by Daniel Bergsma, M.D.  
Pamphlet, 48 pp., 1973  
To order: Vol. IX, No. 4  
  
Explains genetic counseling, its probabilities, who should do genetic counseling, and under what circumstances.
  
- \* CURRENT CONCEPTS IN NUTRITION--PREGNANT WOMEN AND PREMATURE INFANTS by Janet C. King and Sara Charlet  
Pamphlet, 2 pp., 1978  
To order: RS-203  
  
Discusses energy and nutrient requirements during pregnancy and nutritional management of premature infants.
  
- \* DOES THE NEONATE SHAPE HIS ENVIRONMENT? by T. B. Brazelton, M.D.  
Journal article reprint  
To order: PE PRS-1  
  
Reports on research showing how the newborn responds to his or her environment and how the environment affects the newborn's ability to respond.
  
- \* DRUGS IN PREGNANCY: EFFECTS ON THE FETUS AND NEWBORN by Reba M. Hill and Leo Stern  
Pamphlet, 16 pp., 1979  
To order: RS-208  
  
Reviews the effects of maternal drug ingestion on the fetus and newborn. Effects of alcohol, smoking, and radiation are discussed, as well as those of commonly used pharmaceutical agents.
  
- \* ENVIRONMENTAL POLLUTION AND PREGNANCY: RISKS AND UNCERTAINTIES FOR THE FETUS AND INFANT by Lawrence D. Longo, M.D.  
Pamphlet, 12 pp., 1980  
To order: RS-213  
  
Reviews the effects of environmental pollutants on pregnancy, the fetus, and infant. Pollutants included are "macro pollutants" (heavy metals, commercial chemicals, herbicides, pesticides, carbon monoxide, ozone, and radiation) over which the individual has little choice, and "micro pollutants" (tobacco smoke, alcohol, drugs, and food additives) over which the pregnant woman has control.
  
- THE FAMILY PEDIGREE CHART  
Poster, 13" x 19", black and white  
To order: Minimum order, 4 copies; \$1 total, prepaid  
  
Depicts the proper way to develop a family pedigree for use in counseling for genetic disease; for anyone involved in genetic studies--the high school biology student as well as the experienced genetic counselor.

\* for professionals

- \* GENETIC DISEASE: THE PRESENT STATUS OF TREATMENT by R. Rodney Howell, M.D.

Pamphlet, 10 pp., 1973  
To order: RS-190

Reviews mechanisms in genetic disease with a scientific and ethical discussion of approaches to therapy.

- \* GRIEF RESPONSE OF PARENTS TO NEONATAL DEATH AND PARENT PARTICIPATION IN DECIDING CARE by D. Gary Benfield, M.D., Susan Leib, Ph.D., and John H. Vollman, M.D.

Pamphlet, 7 pp., 1978  
To order: RS-207

Analyzes questionnaires and interviews with 50 mother-father pairs following deaths of their newborns. Included is a consideration of the parent-doctor relationship in decisions to limit care and some practical suggestions for helping parents through the grief process.

- \* A GUIDE TO HUMAN CHROMOSOME DEFECTS by Lawrence P. Wisniewski, Ph.D., and Kurt Hirschhorn, M.D.

Pamphlet, 16 pp., 2nd edition, 1980  
To order: Vol. XVI, No. 6; first copy free, \$.50 for each additional copy with a minimum order of 10

Designed for use by physicians, teachers of biology, and other health professionals involved in counseling or in teaching new students about human chromosomes.

- \* GUIDELINES FOR STUDIES OF HUMAN POPULATIONS EXPOSED TO MUTAGENIC AND REPRODUCTIVE HAZARDS edited by Arthur D. Bloom, M.D.

Book, 163 pp., 1981  
To order: \$10 prepaid

Created by leading scientists in an effort to avoid future Love Canals. Sets guidelines for proper handling of exposure to toxic wastes.

- \* GUIDELINES FOR THE ETHICAL, SOCIAL AND LEGAL ISSUES IN PRENATAL DIAGNOSIS by T. M. Powledge, M.S., and J. Fletcher, Ph.D.

Journal article reprint  
To order: PE PRS-10

This report from the Genetics Research Group of the Hastings Center discusses the criteria for perinatal diagnostic programs. Makes recommendations for professionals who work with clients in need of genetic counseling.

\* for professionals

- \* IDENTIFICATION AND EVALUATION OF HIGH-RISK PREGNANCY: THE PERINATAL CONCEPT by R. H. Aubry, M.D., and J. C. Pennington, M.B.

Journal article reprint

To order: PE PRS-9

Reports on the use of a Maternal and Child Health Care Index to identify the high-risk fetus and newborn.

- INTERNATIONAL DIRECTORY OF GENETIC SERVICES compiled by Henry T. Lynch, M.D.

Pamphlet, 54 pp., 6th edition, 1980

To order: Request by title

Lists genetic counseling centers throughout the world and the services offered at each center.

- \* THE LOW-BIRTH-WEIGHT INFANT - EVOLUTION OF A CHANGING OUTLOOK by M. Hack, M.B., Ch.B., and others

Journal article reprint

To order: PE PRS-12

Reviews the studies on the immediate and long-term outcomes for very low-birth-weight infants, with particular attention given to the study conducted at the University Hospitals of Cleveland. Recommends ways to reduce the incidence of low-birth-weight infants and to improve the outcome for these newborns.

- \* NUTRITION INTERVENTION IN THE COMMUNITY - THE "WIC" PROGRAM by J. Berkenfield, M.B.A., and J. B. Schwartz, M.S., R.D.

Journal article reprint

To order: PE PRS-14

Reports on the Women, Infants, and Children (WIC) program in Massachusetts, the eligibility requirements and services provided, and the improved outcome for the newborns.

- \* PREGNANCY AND CHILDBEARING DURING ADOLESCENCE: RESEARCH PRIORITIES FOR THE 1980s edited by Elizabeth R. McAnarney and Gabriel Stickle

Book, 182 pp., 1981

To order: Send order to: Alan R. Liss, Inc., 150 Fifth Ave., New York, NY 10011, \$28

Provides an overview of the incidence, risks, and consequences of pregnancy and childbearing for both the adolescent and the infant. Indicates research priorities for the 1980's.

\* for professionals



- \* PRENATAL DIAGNOSIS OF INBORN DEFECTS: A STATUS REPORT by Henry L. Nadler, M.D.

Pamphlet, 11 pp., 1975  
To order: RS-196

Covers amniocentesis, ultrasound, amniography, and fetoscopy in the prenatal detection of chromosomal defects, disorders of metabolism (carbohydrate, lipid, and amino acid), CNS malformations, and hemoglobinopathies.

- \* PRENATAL GENETIC DIAGNOSIS IN 3000 AMNIOCENTESES by Mitchell S. Golbus, M.D., William D. Loughman, Ph.D., Charles J. Epstein, M.D., and others  
Pamphlet, 7 pp., 1979  
To order: RS-204

Analyzes 3000 consecutive amniocenteses for prenatal diagnosis, assessing the frequency of abnormalities, safety of the procedure, technical and interpretive difficulties, and overall diagnostic accuracy.

- \* PREPARENTING AND PRENATAL CARE: FIRST STEPS TO HIGH LEVEL WELLNESS by T. J. Byrne, Ph.D., and others  
Reprint  
To order: PE PRS-13

Reviews the factors that adversely affect fetal and neonatal development and well-being such as teratogens, infections, nutrition, genetic factors, prescriptions, nonprescription drugs, and infectious agents. Discusses the need for prenatal care and offers specific guidelines that should be given to every pregnant woman.

- \* REPRODUCTIVE PASTS, REPRODUCTIVE FUTURES: GENETIC COUNSELING AND ITS EFFECTIVENESS by James R. Sorenson, Judith P. Swazey, and Norman A. Scotch  
Book, 214 pp., 1981  
To order: Send order to: Alan R. Liss, Inc., 150 Fifth Ave., New York, NY 10011, \$32

Analyzes data from 1,369 cases in 47 clinics located in 25 States; it is the first extensive study of the effectiveness of genetic counseling.

- \* SPINA BIFIDA by John Freeman, M.D.  
Pamphlet, 4 pp., 1980  
To order: RS-212

Describes the problems and prognosis of children with spina bifida, with emphasis on the importance of team care.

- \* for professionals

- \* TERATOGENIC EFFECTS OF ALCOHOL IN HUMANS AND LABORATORY ANIMALS by Ann Pytkowicz Streissguth, Sharon Landesman-Dwyer, Joan C. Martin, and David W. Smith  
Pamphlet, 9 pp., 1980  
To order: RS-214

Reviews clinical studies of children with classic fetal alcohol syndrome, prospective human studies of maternal drinking, and research in experimental animals on the teratogenic effects of alcohol.

AUDIOVISUAL MATERIALS:

THE UNIQUE INDIVIDUAL (Section I of "Early Parent-Infant Relationships")  
Slides, 1978, accompanied by tape  
To order: Request "Early Parent-Infant Relationships" and send prepayment to Material and Supply at above address; \$80.

Illustrates sleeping, crying, and other activities and states of the newborn. Includes newborn behaviors such as cuddling, consolability, and auditory and visual responses. Emphasizes how each newborn is different in behavior and how this affects interaction with parents; suitable for use in childbirth education classes.

\* for professionals

MARCH OF DIMES BIRTH DEFECTS FOUNDATION

Public Health Education Department

The main goal of the March of Dimes Public Health Education Department is to encourage personal and group behavior patterns which are conducive to healthy childbearing. This includes the development of comprehensive health education materials for schools, pregnant women and their families, and the public in general. Grants provide educational services for pregnant teenagers, other maternity patients, students, teachers, WIC clients, and others.

TO ORDER:

All materials are available from local March of Dimes chapters listed in telephone directories. Items may also be ordered from March of Dimes, Supply Division, 1275 Mamaroneck Ave., White Plains, NY 10605. Materials are free unless price is indicated. Include computer number when ordering.

PRINTED MATERIALS:

BABIES DON'T THRIVE IN SMOKE FILLED WOMBS

Pamphlet, 2 pp., 1983

To order: 9-0272

Outlines the dangers of smoking for mothers and babies.

BE GOOD TO YOUR BABY BEFORE IT IS BORN

Pamphlet, 12 pp., 1982

To order: 9-0002

What every pregnant woman wants and needs to know to help protect her baby's health and her own.

BIRTH DEFECTS: TRAGEDY AND HOPE

Pamphlet, 16 pp., 1982

To order: 9-0026

Includes comprehensive information on the kinds of birth defects and their causes, detection, diagnosis, treatment, and prevention.

CHOOSING PARENTHOOD, STARTING A HEALTHY FAMILY, UNIT I

Teaching package, 1979

To order: 9-0243; \$35

Explores the choices and life changes that people face when becoming parents or approaching the parenting decision. Includes a Teacher's Guide (95 pp.), 10 student booklets (90 pp.), 3 educational posters, and 6 case studies on 3 audiocassettes.

CLEFT LIP AND PALATE INFORMATION SHEET

Pamphlet, 2 pp., 1983

To order: 9-0263

Illustrated question and answer sheet on this common birth defect.

CLUB FOOT INFORMATION SHEET

Pamphlet, 2 pp., 1982

To order: 9-0269

Question and answer sheet discusses key facts about this birth defect.

CONGENITAL HEART DEFECTS INFORMATION SHEET

Pamphlet, 2 pp., 1983

To order: 9-0265

Discusses some of the causes, effects, and treatments of heart defects which are present at birth.

DAD...IT'S YOUR BABY TOO

Pamphlet, 1 p., 1982

To order: 9-0237

Emphasizes the importance of the support role of the father-to-be.

D\*A\*T\*A - DRUGS, ALCOHOL AND TOBACCO ABUSE DURING PREGNANCY

Pamphlet, 8 pp., 1982

To order: 9-0029

Details about the possible risks to an unborn baby from prescription and over-the-counter drugs, as well as from alcohol and cigarettes.

DOWN SYNDROME INFORMATION SHEET

Pamphlet, 2 pp., 1982

To order: 9-0174

Describes causes and effects of this form of mental retardation. Covers questions most asked by families with a Down Syndrome child.

FAMILIES AND FUTURES, STARTING A HEALTHY FAMILY, UNIT III

Teaching package, 1979

To order: 9-0245, \$20

Illustrates how individuals and communities can help children with special needs. Also indicates the steps parents can take before and during pregnancy to provide a healthy and safe environment for the children. Includes a Teacher's Guide (95 pp.), 10 student booklets (64 pp.), a set of educational posters, and a case-study audiocassette.

FAMILIES WITH SPECIAL NEEDS CHILDREN, STARTING A HEALTHY FAMILY, UNIT II

Teaching package, 1979

To order: 9-0244, \$20

Provides a frank, in-depth look at birth defects--the causes and how to guard against them. Parents speak openly about the pain, frustration, burdens, and ultimate rewards of raising children with special needs. Includes a Teacher's Guide (95 pp.), 10 student booklets (48 pp.), a classroom filmstrip, and 3 case studies on 2 audiocassettes.

FAMILY HEALTH TREE

Pamphlet, 6 pp., 1981

To order: 9-0238

Designed as a family project to trace health histories over four generations.

FAMILY MEDICAL RECORD

Pamphlet, 4 pp., 1983

To order: 9-0005

A simple, comprehensive form for keeping vital family health records and information.

GENETIC COMMEMORATIVE STAMP ALBUM

Pamphlet, 8 pp., 1980

To order: 9-0229; \$10 for 100 with Leader's Guides

A classroom activity in human genetic education for elementary students.

GENETIC COUNSELING

Pamphlet, 22 pp., 1983

To order: 9-0022

Explains the "why" and "how" of family health histories and scientific tests for inherited conditions; for families referred to genetic counselors, students, and allied health workers.

\* HEALTHY MOTHERS, HEALTHY BABIES CHART

Poster, 36" x 22", color, 1981

To order: 9-0256; \$5 for 5

Chart outlining the objectives for learners in each area at the various grade levels discussed in the concepts guide, listed below. Provides organized and sequential curriculum development.

\* for professionals

\* HEALTHY MOTHERS, HEALTHY BABIES CONCEPTS GUIDE

Pamphlet, 64 pp., 1981

To order: 9-0255; \$13 for 5

A framework for preschool through high school educators to assist in developing curricula for preparation for healthy, responsible child-bearing. Covers four key concept areas: nutrition, environmental factors, genetics, and human growth and development.

\* HEALTHY MOTHERS, HEALTHY BABIES - SOMEDAY I MIGHT BE A PARENT

Teaching package, 1982

To order: 9-0275; \$40

An introduction to Healthy Mothers, Healthy Babies education framework for use as an instructional tool for ages 11-18 in schools and community agencies. The kit includes the concepts guide (64 pp.), chart (36" x 22"), a ½" or ¾" videocassette, a time-line fetal growth chart (56" x 16"), a Leader's Guide, and 5 additional pamphlets on prenatal care and genetics.

PKU INFORMATION SHEET

Pamphlet, 2 pp., 1983

To order: 9-0274

Question and answer sheet discusses the metabolic disorder phenylketonuria.

PLACEMAT

Poster, color, 11" x 14", 1983

To order: 9-0004

Pointers on nutrition during pregnancy using humor and colorful illustrations.

POSTERS ON DRINKING, SMOKING AND DRUGS IN PREGNANCY

Posters, set of 3, 16" x 21", color, 1981

To order: 9-0240; \$5 per set

Striking messages on dangers of smoking, drinking, and unprescribed drug use during pregnancy.

PREGNANT? BEFORE YOU DRINK, THINK...

Pamphlet, 2 pp., 1982

To order: 9-0165

Information about fetal alcohol syndrome and the damaging effects of excessive drinking on the unborn child.

\* for professionals

PREPARENTHOOD EDUCATION PROGRAM (PEP KIT) CLASSROOM SET (also available in Spanish)

Teaching package, 1978

To order: Classroom set 9-0176 (9-0211, Spanish); \$33

A curriculum focusing on health care and nutrition during pregnancy. Designed primarily for school-age parents, PEP is appropriate for general use in junior and senior high schools, prenatal care clinics, hospitals, and WIC sites. Contains 40 fact books, 80 comic books, 3 sets of nutrition information cards, 2 teacher's guides, a time-line growth chart, and 3 posters.

PREPARENTHOOD EDUCATION PROGRAM (PEP KIT) PROMOTION SET (also available in Spanish)

Teaching package, 1978

To order: 9-0198 (9-0216, Spanish); \$8.50

Single copies of all components in PEP Classroom Kit.

RECIPE FOR HEALTHY BABIES

Pamphlet, 3 pp., 1983

To order: 9-0219

Explains benefits of good nutrition for mother and baby. Includes a sample menu.

Rh INFORMATION SHEET

Pamphlet, 2 pp., 1981

To order: 9-0179

Explains cause and prevention of Rh blood disease.

RUBELLA INFORMATION SHEET

Pamphlet, 2 pp., 1983

To order: 9-0129

Question and answer sheet explains the dangers and prevention of rubella (German measles).

SEMINARS FOR PARENTS ON ADOLESCENT SEXUALITY, STARTING A HEALTHY FAMILY, UNIT IV

Teaching package, 1979

To order: 9-0246; \$20

Provides parents with an understanding of the physical, emotional, and social aspects of their adolescents' emerging sexual identities as well as their own values about sexuality. Designed to promote open, supportive communication between parents and their children. The kit includes a Leader's Guide (146 pp.), Parents' Packet (141 pp., unbound reprints of elements in Leader's Guide for participants in the seminars), and eight case studies on four audiocassettes.

SEXUALLY TRANSMITTED DISEASES

Pamphlet, 2 pp., 1982

To order: 9-0235

Knowing the symptoms, treatment, and prevention of venereal diseases can protect against birth defects; gives young people the facts.

SICKLE CELL ANEMIA INFORMATION SHEET

Pamphlet, 2 pp., 1982

To order: 9-0001

Illustrated question and answer sheet explains this hereditary blood disease.

SPINA BIFIDA INFORMATION SHEET

Pamphlet, 2 pp., 1982

To order: 9-0264

Discusses incidence, treatment, and possible causes of babies born with "open spines."

STARTING A HEALTHY FAMILY, AN EDUCATIONAL PROGRAM, CLASSROOM SET

Teaching package, 1979

To order: 9-0241; \$75

Program presents parenthood in ways relevant to young people and sensitive to community concerns. The interdisciplinary program can be easily integrated into classes for health, home economics, life planning, life sciences, biology, or social studies for junior and senior high school students. Kit includes 30 student booklets, 6 cassette tapes, a filmstrip, Teacher's Guide, and four posters.

STARTING A HEALTHY FAMILY STARTER SET

Teaching package, 1979

To order: 9-0242; \$60

Single copies of all components of the Starting A Healthy Family Classroom Set.

TAY SACHS INFORMATION SHEET

Pamphlet, 2 pp., 1982

To order: 9-0100

Illustrated question and answer sheet explains this hereditary disease.

TEENAGE PREGNANCY FACT SHEET

Pamphlet, 1 p., 1983

To order: 9-0284

Gives facts and figures about the consequences of teenage pregnancy, along with the health risks to mother and baby.



THALASSEMIA INFORMATION SHEET

Pamphlet, 2 pp., 1983

To order: 9-0041

Discusses key facts about this hereditary blood disease sometimes called Cooley's anemia.

TIME-LINE CHART OF FETAL DEVELOPMENT - HOW A BABY GROWS (also available in Spanish)

Poster, 56" x 16", color, 1983

To order: 9-0204 (9-0202, Spanish); poster, \$2

9-0192 (9-0205, Spanish); Easel-backed exhibit, \$7.50

Bright blue and white bands show the month-by-month development of the fetus. Has information on the changes which occur each month to both mother and unborn child and includes valuable tips on prenatal care. Useful in schools, hospitals, doctors' waiting rooms, child-birth classes, libraries, and health and science fairs.

YOU'RE IN YOUR TEENS, YOU'RE PREGNANT, AND YOU NEED HELP

Pamphlet, 3 pp., 1983

To order: 9-0281

Directs pregnant teenagers to resources and people that can help them. Gives information on good prenatal care.

YOUR SPECIAL CHILD

Pamphlet, 3 pp., 1982

To order: 9-0239

Supportive and encouraging information for parents of children with special needs.

AUDIOVISUAL MATERIALS:

ALCOHOL: CRISIS FOR THE UNBORN

Film, 16 mm, sound, color, 7:50 minutes, 1979

Videocassette, 1/2" and 3/4"

To order: \$55 for film, \$35 for videocassettes

\$10 prepaid for rental/previews

Dealing with the fetal alcohol syndrome, this film shows the tragic outcome of excessive drinking of alcohol during pregnancy. Recommended by the National Education Association, the film is suitable for junior and senior high school classes in biology, health education, home economics, and social studies, as well as community education programs in churches, clubs, health departments, hospitals, and employee health education groups. Teacher's Guide included with all prints.

BABIES AND BUSINESS

Film, 16mm, sound, color, 9:00 minutes, 1983  
Videocassette, 1/2" and 3/4"  
To order: \$75 for film, \$40 for videocassettes  
\$10 prepaid for rental/previews

This film is designed to stimulate discussion in a workplace about the working pregnant woman's health habits, her frame of mind, and the attitudes of her spouse and co-workers. The accompanying discussion guide provides an outline for discussion leaders.

BORN HOOKED

Film, 16mm, sound, color, 13:30 minutes, 1978  
Videocassette, 1/2" and 3/4"  
To order: \$65 for film, \$35 for videocassettes  
\$10 prepaid for rental/previews

Views complex medical, social, and ethical problems related to the pregnant drug addict and to the newborn suffering from narcotic withdrawal. Recommended by the National Education Association, the film is suitable for classes in biology, family life education, general science, home economics, and social studies. Many adult groups can use the film for health education with civic groups, hospitals, employee organizations, and health professionals. Teacher's Guide is included with all prints.

FULL TIME JOB

Multimedia kit, color, 78 slides or 7:42 filmstrip, audiocassette, 1983  
To order: \$25 for filmstrip set, \$30 for slide set

A pre-parenthood presentation for inner city youth emphasizing that being a parent is a full time job for grownups. This audiovisual also explains the need for good prenatal care and protecting the unborn child from VD, rubella virus, drugs, alcohol, and tobacco. Includes a Leader's Guide and activity masters and is suitable for showing to male audiences as well as general classroom use.

GENERATION TO GENERATION: GENETIC COUNSELING

Multimedia kit, color, 124 slides or 19:02 minute filmstrip, audiocassette, 1977  
To order: \$10 for filmstrip set, \$15 for slide set

Explains medical genetics in easily understood terms and discusses inherited diseases and genetic counseling through the use of case histories. A showing guide, narration sheet, and Genetic Counseling booklet are included in kit. Suitable for young people in a variety of health education programs.

INSIDE MY MOM (also available in Spanish)

Multimedia kit, cartoon, color, 78 slides or 7:45 minute filmstrip, audiocassette, 1974

To order: \$10 for filmstrip set, \$15 for slide set

Provides food for thought for parents, parents-to-be, and the next generation of parents. Combining cartoon animation with live action, it offers sound nutritional advice in an informal manner. Used with the showing guide it is a versatile lead-in for discussion about the basics of preventive health care.

LET'S TALK ABOUT YOU

Multimedia kit, color, 78 slides or 7:35 minute filmstrip, audio-cassette, 1982

To order: \$25 for filmstrip set, \$30 for slide set

Actor John Schneider speaks out to junior high school students on the importance of caring for yourself today in preparation for responsible parenthood tomorrow. This "heart to heart" audiovisual offers signposts of responsibility along the road to adulthood. With discussion guide and activity masters, it can be used with youth groups, health departments, community centers, church groups, as well as the classroom.

THE ONE OF US

Multimedia kit, color, Part I, 123 slides or 19-minute filmstrip, cassette; Part II, 109 slides or 15-minute filmstrip, cassette; 1981

To order: \$25 for filmstrip set, \$35 for slide set

Deals with environmental hazards to the fetus including all aspects of reproductive damage. Gives an audiovisual journey through the womb, showing the fetus throughout various stages of development. Part I focuses on hazards that affect the unborn baby, e.g., drugs, infections, smoking, alcohol, and nutritional deficiencies that can be prevented by individual choices. Part II focuses on other environmental hazards to fetal development, e.g., industrial pollutants, chemicals such as pesticides, and occupational dangers that usually require collective action. Complete with discussion guide, each part has separate audiovisuals and may be shown separately. Designed principally for high school and junior college usage, the audiovisual can be used in other adult settings to reinforce maternal/newborn health messages.

THE SAME INSIDE

Film, 16mm, sound, color, 8 minutes, 1983  
Videocassette, 1/2" and 3/4"  
To order: \$60 for film, \$30 for videocassette

This sensitive, appealing film for ages K-6 consists of three handicapped children talking about their handicaps. The children share their feelings about their treatment from other children, their hopes, their dreams and their fears. The purpose of the film is to show we all feel things in the same way inside. A Leader's Guide is included with all prints.

UNFINISHED CHILD

Film, 16mm, sound, color, 30 minutes, 1976  
Videocassette, 1/2" and 3/4"  
To order: \$135 for film, \$50 for videocassette  
\$10 prepaid for rental/preview

Documentary, narrated by Patricia Neal, dealing with the impact of maternal, fetal, and infant malnutrition on mental and physical development. Links the poverty cycle and nutrition of the poor with circumstances which keep the cycle unbroken. Recommended for use in high school home economics and family life classes.

WOMAN-CHILD

Film, 16mm, sound, color, 15 minutes, 1978  
Videocassette, 1/2" and 3/4"  
To order: \$80 for film, \$35 for videocassette  
\$10 prepaid for rental/preview

Looks at the serious problem of children having children. Considers some of the consequences of adolescent pregnancy through the eyes of six teenagers. Stresses the importance of prenatal care and offers some reasons most teenagers don't receive it. Appropriate for junior and senior high school students, the film includes a teaching guide with discussion points and suggested learning activities.

NATIONAL ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN

The purpose of the National Association for the Education of Young Children (NAEYC) is to serve the needs and rights of young children and to act on their behalf. The primary focus is on the provision of educational services and resources to adults who work with and for children.

TO ORDER:

Send orders to the National Association for the Education of Young Children, 1834 Connecticut Ave., NW, Washington, DC 20009. Orders of over \$10 may be placed by telephone: 202/232-8777 or 800/424-2460. Prepayment must accompany orders under \$10. Add 10 percent of the amount of the order for postage and handling. The following quantity discounts are available:

<u>Number of copies</u>	<u>Discount</u>
10-49 copies	10%
50-99 copies	20%
Over 100 copies	25%

PRINTED MATERIALS:

- \* EDUCATION FOR PARENTING by Mary B. Lane  
Book, 94 pp., 1975  
To order: No. 108; \$3  
  
Discusses alternatives for program development through successful work with parents.
- \* A GOOD BEGINNING FOR BABIES: GUIDELINES FOR GROUP CARE by Anna Willis and Henry Ricciuti  
Book, 213 pp., 1975  
To order: No. 212; \$5.25  
  
Offers practical ideas for infant group care for administrators, caregivers, and new parents.
- \* INFANTS: THEIR SOCIAL ENVIRONMENTS edited by Bernice Weissbourd and Judith Musick  
Book, 213 pp., 1981  
To order: No. 319; \$7  
  
Covers recent research and projects dealing with infant competency, development assessment, day-care, disabilities, fathers' interactions, parent programs, and social policy.

\* for professionals

- \* MOTHER/CHILD, FATHER/CHILD RELATIONSHIPS edited by Joseph H. Stevens  
and Marilyn Mathews  
Book, 259 pp., 1978  
To order: No. 312; \$4.75

Reviews research on parent-infant attachment, the impact of divorce,  
minority families, changing parental roles, and the father's influ-  
ence on development.

\* for professionals

NATIONAL ASSOCIATION OF STATE BOARDS OF EDUCATION

The National Association of State Boards of Education (NASBE) is a nonprofit, private association that represents State and Territorial boards of education in 48 States, 5 Territories, and the District of Columbia. Its principal objectives are to: strengthen State leadership in education policymaking, promote excellence in the education of all students, advocate equality of access to educational opportunity, and assure responsible lay governance of public education.

TO ORDER:

Send orders to NASBE, 701 N. Fairfax St., Suite 340, Alexandria, VA 22314. Prepayment is required.

PRINTED MATERIALS:

- \* HOW TO BE AN EFFECTIVE ADVOCATE  
Book, ca. 100 pages, 1981  
To order: \$4.75

Discusses steps in lobbying that simplify the complex process of advocacy. Describes dealing with the media and activating a network. Intended for use by novice and experienced advocates.

- \* SUGGESTED SERVICES AND POLICIES RELATED TO ADOLESCENT PARENTHOOD  
Book, 104 pages, 1981  
To order: \$9.50

Chapter One provides a "shopping list" of services needed by pregnant adolescents and adolescent parents and ideas for developing or expanding services. Chapter Two describes the process by which policies regarding adolescent parents are developed, and provides recommendations for developing and implementing State-level policies. Chapter Three explains interagency collaboration and suggests ways to facilitate it. Intended for use by professionals in the field of adolescent pregnancy and by policymakers.

\* for professionals

NATIONAL CENTER FOR CLINICAL INFANT PROGRAMS

The National Center for Clinical Infant Programs (NCCIP) is a nonprofit, tax-exempt corporation established in 1977 by lay and professional leaders in the fields of mental health, pediatrics, and child development. The National Center aims to improve and support professional initiatives in infant mental health and development.

PRINTED MATERIALS:

\* CLINICAL INFANT REPORTS

Book series, 1981+

To order: International Universities Press, 315 Fifth Ave., New York, NY 10016

A new series of book-length publications which will include reports of empirical, clinical, and developmental research; clinical case studies; and practical program descriptions. The first report is Psychopathology and Adaptation in Infancy in Early Childhood: Principles of Clinical Diagnosis and Preventive Intervention by Stanley I. Greenspan (260 pp., \$25.00).

\* ZERO TO THREE

Periodical, published 4-6 times a year

To order: NCCIP, 733 15th St., NW, Suite 912, Washington, DC 20005,  
\$10 per year

Provides professionals working with infants and their families with reports on research in progress; profiles of clinical programs; discussion of current issues in the field; and news of government and private activity, conferences, and publications.

for professionals



The National Committee for Adoption is a national network of agencies and individuals working to promote adoption as a positive, family-building option. The National Committee operates the National Adoption Hotline 202/463-7563. The Hotline is a telephone service offering information about adoption, pregnancy counseling, maternity services, and related services. The Hotline also offers referral to licensed nonprofit agencies for immediate and long-term assistance. With a directory of more than 500 agencies across the country, the Hotline's availability on a 24-hour-a-day basis, Monday through Friday, makes it a valuable resource to individuals in need of information, referral, and assistance.

TO ORDER:

All items may be ordered from the National Committee for Adoption Bookstore, Suite 326, 1346 Connecticut Avenue, NW, Washington, DC 20036. Include name of item when ordering. All orders must be prepaid and a 20% postage and handling charge should be added to the total amount due.

PRINTED MATERIALS:

THE ADOPTION OPTION: IS IT FOR YOU?

Pamphlet, 6 panels

To order: \$.05 each, minimum of 20 per order, prepaid plus 20% postage

This bright, attractive, triple-fold brochure addresses adoption as a positive option for those experiencing an unplanned pregnancy, and creatively raises several key questions that many pregnant women will ask as they consider the adoption option. (Space is available for imprint of local agency or group resource name and address.)

HOW YOUNG WOMEN PLAN ADOPTION FOR THEIR BABIES

Pamphlet, 4 pp.

To order: Single copy free with self-addressed, stamped (37¢) envelope

One of a series of eight pamphlets, written for young women faced with decisions about unplanned pregnancy. Describes the adoption option and gives description of young women who have chosen this alternative.

NATIONAL ADOPTION HOTLINE MINI-POSTER

Poster, 8-1/2" by 11", black and white

To order: \$.10 each, minimum 10 per order, prepaid plus 20% postage

Designed to promote adoption as a positive option of choice for young or single women and girls, the copy reads, "If you're faced with decisions about possible solutions to your problem, call us in confidence. We'll give you the facts. You decide."

Available in two forms, one with space for imprint of a local agency or resource and one with information about NCFPA's National Adoption Hotline.

NATIONAL ADOPTION HOTLINE RESOURCE DIRECTORY

Book, 250 pp., 1983, updated annually

To order: \$19.23 prepaid (\$17.49 plus 10% postage)

This is a comprehensive listing of agencies and groups providing adoption, maternity services, services to pregnant, adolescent, unmarried and school-age parents, individual and family counseling, and other child and family services. Over 500 listings cover 50 States and D.C. and include agency address, telephone, staff contacts, and list of services provided.

NATIONAL ADOPTION HOTLINE TRAINING MANUAL FOR HOTLINE VOLUNTEERS

Pamphlet, 62 pp.

To order: \$6.82 prepaid (\$6.20 plus 10% postage)

A 62-page manual for use in training hotline volunteers. Includes sections on listening and communication skills, guidelines for handling hotline calls, and specific information about adoption topics.

NATIONAL ADOPTION REPORTS

Periodical, monthly

To order: Annual subscription rate is \$36. Membership dues of \$50 or more include a subscription to National Adoption Reports

Monthly newsletter and bulletin service on adoption matters from Washington, D.C.

PROBLEM PREGNANCIES

Pamphlet, 4 pp.

To order: Single copy free with self-addressed, stamped (37¢) envelope

One of a series of eight public education pamphlets for distribution to the public and hotline callers. This pamphlet addresses the discovery of unplanned pregnancy and gives an overview of alternatives. Also offers resources to help a young woman.

QUESTIONS AND ANSWERS ABOUT DRUG ABUSE, PREGNANCY AND THE IMPACT ON BABIES

Pamphlet, 8 pp.

To order: Single copy free with self-addressed, stamped (37¢) envelope

This is a preliminary report concerning the effects of maternal drug abuse during the pregnancy by mothers who place their children for adoption. The effects of maternal drug abuse begin before conception and can extend significantly into the postpartum period. This overview of the effects of maternal drug abuse may be useful to a variety of professionals caring for such mothers and their children.

UNMARRIED PARENTS TODAY

Periodical, bi-monthly

To order: Annual subscription rate is \$24. Membership dues of \$100 or more include a subscription to Unmarried Parents Today.

Newsletter and bulletin service on maternity services and adolescent pregnancy from Washington, D.C.

## THE NATIONAL COUNCIL ON ALCOHOLISM

The National Council on Alcoholism is the only national voluntary organization founded to combat the disease of alcoholism. Its main activity is educating the public about alcoholism through its network of over 200 State and local affiliates. Affiliates offer information, referral, and educational services to alcoholics and their families and to the community at large. NCA takes a special interest in the prevention of Fetal Alcohol Effects due to drinking during pregnancy, Women and Alcoholism, Children of Alcoholics, and Alcoholism and the Family.

### TO ORDER:

Materials listed below are available by writing the Publications Division, National Council on Alcoholism, 733 Third Avenue, New York, NY 10017. Orders of \$25.00 or less must be prepaid. Catalogues of Publications, including titles of books and pamphlets, and reprints on all aspects of alcoholism are available free upon request.

### PRINTED MATERIALS:

#### ALCOHOLIC IN THE FAMILY?

Pamphlet, 15 pp., 1983 (English and Spanish editions)  
To order: \$.35

A scriptographic booklet which clearly communicates the effects of alcoholism on family life. Gives ways of coping with the alcoholic to improve family relationships. Also includes do's and don'ts and how to know an alcoholic.

#### ALCOHOLISM PROBLEMS IN WOMEN AND CHILDREN by Milton Greenblatt and Marc A. Schuckit

Book, 287 pp., 1976  
To order: \$43.00

An overview. Suggests methods for treatment and prevention; includes a comprehensive list of references and introduces new data and theories.

#### ANOTHER CHANCE: HOPE AND HEALTH FOR THE ALCOHOLIC FAMILY by Sharon Wegscheider

Book, 255 pp., 1981  
To order: \$12.95

Emphasizes alcoholism as a family disease. Describes the classic family roles: the enabler, the hero, the scapegoat, the lost child, and the mascot. Thorough discussion of intervention and various treatment options. A practical guide for therapists. Written in an easy to read style for use by professionals as well as the alcoholic family.

BROKEN BOTTLES - BROKEN DREAMS by Charles Deutsch

Book, 213 pp., 1982

To order: \$13.95

Discusses the impact of alcoholism on the estimated 15 million school-age children from alcoholic homes and what the youth professional's role and resources are in the helping relationship.

A FAMILY SYSTEMS APPROACH TO ALCOHOLISM by Murray Bowen, M.D.

Pamphlet, 11 pp., 1974

To order: \$.35

Outlines some principles of family systems theory, conceptualizes alcoholism as a symptom of a larger social unit (family), and ways systems therapy can alleviate the problem.

THE FEMALE FIX by Muriel Nellis

Book, 212 pp., 1980

To order: \$8.95

The author examines the epidemic of drug and alcohol addiction among women. She discusses accidental addiction to legally prescribed drugs--alone or in combination with alcohol abuse. The book includes a chart of 60 mood-altering drugs and a nationwide list of treatment resources and self-help organizations.

THE FORGOTTEN CHILDREN by R. Margaret Cork

Book, 112 pp., 1969

To order: \$1.95

A study of more than 100 children with parental alcoholism. The author, a social worker with broad experience in the field of alcoholism, offers recommendations for treatment of alcoholics and their families.

THE INVISIBLE ALCOHOLICS - WOMEN AND ALCOHOLIC ABUSE IN AMERICA by Marian Sandmaier

Book, 298 pp., 1980

To order: \$4.95

An inclusive look at the growing problem of alcoholism among women. Discussed are the particular needs of the woman alcoholic, societal attitudes, and resources for getting help.

IT WILL NEVER HAPPEN TO ME by Claudia Black, M.S.W.

Book, 183 pp., 1982

To order: \$7.95

Focuses on children of alcoholics: as youngsters, adolescents, and adults. Also discusses family violence and resources.

JUST SO IT'S HEALTHY - DRINKING AND DRUGS CAN HARM YOUR UNBORN BABY by  
Lucy Barry Robe  
Book, 165 pp., 1982  
To order: \$6.95

Includes information on drinking and pregnancy, alcoholism, Fetal Alcohol Syndrome and Fetal Alcohol Effects, and drug use during pregnancy.

WHAT YOU NEED TO KNOW ABOUT YOU, YOUR BABY AND DRINKING  
Pamphlet, 3 pp., 1978  
To order: \$.20

Describes the Fetal Alcohol Syndrome (FAS) in an easy-to-read format.

WOMEN ALCOHOLICS: SICK NOT SINNERS by Lucy Barry Robe  
Pamphlet, 12 pp., 1981  
To order: \$.50

Includes definition, characteristics, physiological, clinical clues, statistics, pill use, FAS (Fetal Alcohol Syndrome), treatment, drinking questionnaire.

WOMEN AND ALCOHOL - 1980 by Edith S. Gomberg, Ph.D.  
Pamphlet, 18 pp., 1980  
To order: \$.75

An overview of the subject.

U.S. DEPARTMENT OF TRANSPORTATION  
NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION  
OFFICE OF OCCUPANT PROTECTION

The Office of Occupant Protection (OOP) provides national leadership in planning, publicizing, implementing, and evaluating traffic safety programs directed toward reducing traffic accidents and related injuries and fatalities, through programs designed to increase safety belt and child restraint usage for all motor vehicle operators and passengers. As part of its responsibilities, OOP assists public health and medical organizations in the development and implementation of public health and occupant protection education programs.

TO ORDER:

Up to 50 copies of each publication may be obtained free of charge. Include the agency publication number when ordering. Mats and negatives are available on loan from NHTSA's Regional Offices for quantities in excess of 50.

Address orders to: ATTN: Maternal and Child Health  
Office of Occupant Protection, NTS-11  
Nat'l Hwy Traffic Safety Administration  
U.S. Department of Transportation  
400 7th Street, S.W.  
Washington, DC 20590

PRINTED MATERIALS:

CHILD SAFETY SEATS FOR YOUR AUTOMOBILE

Pamphlet, 17 pp., 1982  
To order: DOT-HS-805-174

Appropriate as an introduction to new child seat users, particularly expectant and new parents. It provides a background of "why" seats are needed, "how" they should be used, and the Federal regulations governing child seat performance.

MYTHS AND FACTS ABOUT CHILD CAR SAFETY

Pamphlet, 6 pp.  
To order: DOT-HS-806-046(c)

Sets out and counters most commonly held myths concerning child safety seats in an easy-to-read, concise fashion. This brochure is a companion piece to the Myths & Facts poster.

SAFETY BELTS A HISTORY LESSON FOR ADULTS

Pamphlet, 8 pp., 1982  
To order: DOT-HS-806-175

Short brochure which discusses salient safety belt themes: commonly held myths, crash dynamics, risks, and the mechanics of how a safety belt works, all using a simple metaphor approach. The brochure is targeted for adults, but its upbeat tone makes it suitable for teenagers as well.

HOW MANY OF THESE FAIRY TALES HAVE YOU TOLD?

Pamphlet, 8 pp., 1977

To order: DOT-HS-802-152

Presents six most common myths about safety belts and counters each one with facts. Information is presented in an entertaining yet informative design.

SAFETY BELT FACT SHEET

Sheet, 1 p., 1982

Presents facts, myths, and effectiveness information of safety belts and child safety seats.

THE AUTOMOBILE SAFETY BELT FACT BOOK

Pamphlet, 21 pp., 1982

To order: DOT-HS-802-157

Comprehensive booklet regarding the need for occupant protection (adults and children), dynamics of a crash, research findings, and community outreach efforts.

EFFECTIVENESS AND EFFICIENCY OF SAFETY BELT AND CHILD RESTRAINT USAGE PROGRAMS

Report, 113 pp., 1982

To order: DOT-HS-806-142 - National Technical Information Service,  
Springfield, VA 22161

Comprehensive report on the effectiveness and efficiency of occupant protection program experience. Reviews domestic and foreign programs, and a variety of methods for increasing safety belt and child safety seat usage.

POSTERS:

SAFER THAN A MOTHER'S ARMS

Poster, 17" x 22"

General purpose child safety seat poster which conveys child safety message in one effective picture, with the theme "a safety seat... the only secure place for a child in a car."

MYTHS AND FACTS ABOUT CHILD CAR SAFETY

Poster, 17" x 22"

Counters three commonly-held myths regarding child passenger safety. It is a companion piece to the Myths and Facts brochure. It is best suited for waiting rooms, offices, libraries, etc.



SAFETY BELT POSTER

Poster, 16" x 16"

Simple graphics illustrate a safety belt with the theme, "Get It Together - Please Buckle Up." Appropriate for clinics, offices, etc.

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## NATIONAL MEDICAL ASSOCIATION

The National Medical Association (NMA), founded in 1895, represents the nation's 10,500 Black physicians. The objectives of the NMA are:

- To raise the standards of the medical profession and of medical education;
- To stimulate favorable relationships among all physicians;
- To nurture the growth and diffusion of medical knowledge and the prompt universal delivery of this knowledge to all people by means of an adequate health care delivery system;
- To stimulate the education of the public concerning all matters affecting the public health;
- To sponsor the enactment of medical laws; and
- To eliminate religious and racial discrimination and segregation from American medical institutions.

The NMA actively addresses those issues affecting the ability of its members to deliver quality health care. It has aggressively sought to ensure equal access and availability to health care services.

The NMA has two publications (see below) designed to keep its readers informed of recent developments in medicine and other areas of interest. In addition, the NMA can provide speakers with expertise in medical subjects and other related health topics. Contact the National Medical Association, 1012 Tenth Street, NW, Washington, DC 20001, 202/347-1895.

### PRINTED MATERIALS:

#### \* JOURNAL OF THE NATIONAL MEDICAL ASSOCIATION

To order: By subscription, \$40 per year (U.S. and Canada), \$47 per year (foreign), and \$20 per year (student or resident)

#### NMA NEWS

To order: Free upon request.

\* for professionals

NEW JERSEY HOSPITAL ASSOCIATION

The New Jersey Hospital Association represents its members in an advocacy and educational role in health care matters with the public, government entities, and with other private and public groups and organizations. The Association assists its members through representation, education, and development of management services and programs to provide high quality health care in an effective, economical, and efficient manner.

TO ORDER:

Immunization program materials may be obtained free, unless otherwise indicated, from:

New Jersey Hospital Association  
746-760 Alexander Road  
CN-1  
Princeton, New Jersey 08540  
Attention: Immunization Program Director

PRINTED MATERIALS:

IMMUNIZATION: KEEPING BABIES HEALTHY (contains Spanish translation:  
"Inmunizacion: Mantiene a los Niños con Salud")  
Pamphlet, 6 pp., 1980

Discusses the concept of immunization, the New Jersey Immunization Record Card, and contains the recommended immunization schedule.  
For distribution to new parents.

- \* IMMUNIZATION: KEEPING BABIES HEALTHY, A TRAINING GUIDE FOR AN IMMUNIZATION EDUCATION AND FOLLOW-UP PROGRAM  
Pamphlet, 35 pp., 1980  
To order: \$10.00

Designed to assist hospital program coordinators in conducting training sessions for volunteer participants. Accompanying manual to multimedia immunization education program kit.

- \* IMMUNIZATION PROGRAM GUIDE BOOK, A HOSPITAL-BASED IMMUNIZATION EDUCATION AND FOLLOW-UP PROGRAM FOR NEW PARENTS  
Pamphlet, 64 pp., 1983

Contains detailed hospital orientation and program procedures, as well as program coordination and community outreach activities. Also includes Training Program for volunteers and sample data collection and reporting forms. Program activities can be adapted to pre-natal classes and clinic settings. For use by program administrators, health educators, and community groups.

\* for professionals

- \* NEW JERSEY IMMUNIZATION RECORD - OFFICIAL DOCUMENT (contains Spanish translation; "Registro de Immunizacion")

Pamphlet, 4 pp., 1980

Folded, 3½" x 5" card to record immunizations. For distribution to new parents and health care providers.

PROTECT EVERY CHILD (available in Spanish; "Proteja Todo Niño")

Poster, 14" x 22", color

Lists seven vaccine-preventable diseases. For display on postpartum unit, hospital bulletin boards, and in hospital lobbies and/or other waiting areas.

STARWARS

Poster, 14" x 22", color

Message "Parents of Earth, are your children fully immunized?" Particularly effective when displayed on pediatric unit.

AUDIOVISUAL MATERIALS:

- \* IMMUNIZATION: KEEPING BABIES HEALTHY

Multimedia kit, 1980

To order: \$50.00

Specifically developed to assist hospitals in establishing the Immunization Education Program. This kit contains:

- \* KEEPING BABIES HEALTHY

Filmstrip, color with accompanying 15-minute audiocassette, 1980

For use in program orientation/training sessions for hospital staff and/or volunteers. The filmstrip contains a brief summary of the seven (7) vaccine-preventable childhood diseases, a review of the recommended immunization schedule, and describes both the education and follow-up program components.

WATCH THEM GROW (available in Spanish; "Miralos Crecer")

Filmstrip or slide format (48 frames), color, with accompanying 8-minute audiocassette.

To order: May be purchased separately; cost \$20.00

For parent education. Within the context of the major growth and development milestones during the child's first two years of life, Watch Them Grow emphasizes the importance of early and complete immunization and parental responsibility for maintaining an up-to-date immunization record for each child. The filmstrip could be utilized on the Postpartum Unit and/or in birth preparation classes, out-patient clinics, and in a variety of community health education activities.

\* for professionals

The audiocassettes which accompany the filmstrips can be used on either manual or automatic filmstrip projectors.

- \* TRAINING GUIDE, described under Printed Materials

\* for professionals

Office of Health Education Promotion Services

The Office of Health Education Promotion Services serves as a focal point for health promotion in New York State and is charged with the development and implementation of a statewide health promotion program. In doing so, the Office prepares a variety of bilingual, multimedia informational materials on a wide range of topics for health professionals and the general public.

TO ORDER:

Individual copies of publications may be obtained free of charge from the New York State Health Department, Office of Health Education Promotion Services, Room 1084, Tower Bldg., Empire State Plaza, Albany, NY 12237. Larger quantities are available to New York State residents free of charge. Out-of-State requesters can purchase additional supplies. Call or write the Office of Health Education Promotion Services for prices and ordering information. Its telephone number is 518/474-5370.

PRINTED MATERIALS:

BREASTFEEDING...GOOD FOR YOUR BABY AND GOOD FOR YOU

Poster, 17" x 22", color

Utilizes striking graphic of breastfeeding mother and baby to promote the concept of breastfeeding.

BREASTFEEDING MANUAL

Pamphlet, 6 pp., 1981

A simple "how-to" guide for pregnant women and new mothers that describes the preparation and procedure for breastfeeding.

THE FIGURES ON OUR TEENAGERS ARE ALARMING (also available in Spanish)

Pamphlet, 4 pp., 1979

Discusses the causes and problems of teenage pregnancy as well as some helpful interventions for adults.

Poster, 16" x 20", black and white

Conveys the seriousness of the problem of teenage pregnancy.

SMOKING CAN BE DANGEROUS TO YOUR BABY'S HEALTH

Poster, 12" x 24", color

Features a "photo" story in which the "Healthy Baby" stork and an expectant mother discuss the risks of smoking during pregnancy.



SMOKING AND PREGNANCY

Pamphlet, 1-fold, 1983

Discusses the facts about smoking during pregnancy and urges women to stop smoking, even before they become pregnant.

SO, YOU'RE GOING TO BE A FATHER...

Pamphlet, 2-fold, 1983

Discusses the role a man can play in encouraging an expectant mother to adopt good prenatal health habits, and promotes positive support for the mother and involvement in planning for the baby.

TAKE CARE OF YOUR BABY RIGHT FROM THE START (also available in Spanish)

Pamphlet, 1-fold, 1981

Stresses the do's and don'ts of good prenatal care and urges women who are or who might be pregnant to follow them. Features stork character as "healthy baby expert."

TAKE CARE OF YOUR BABY RIGHT FROM THE START

Poster, 12" x 52", color

A colorful wall calendar including informative tips for each week of pregnancy and space for notes or doctor's appointments. Features stork.

Counter Top Brochure Holder, 9-3/4" x 17", color

Stands upright with pocket for neat, prominent brochure display. Features stork.

Poster, 25-1/2" x 12", color

Graphically illustrates three prenatal health rules: Don't smoke; don't drink; eat right. Features stork.

THINK ABOUT BREASTFEEDING NOW (also available in Spanish)

Pamphlet, 2-fold, 1980

Lists the benefits of breastfeeding--for mother and baby--and urges pregnant women to consider it and plan for it before their babies are born. Features cartoon characters.

Poster, 17" x 22", color (3 versions: white character/English; black character/English; Hispanic character/Spanish)

Urges pregnant women to consider breastfeeding before their babies are born.

AUDIOVISUAL MATERIALS:

HEALTHY BABY TV PUBLIC SERVICE ANNOUNCEMENTS

Videocassette, 3/4" and 2" quad, 1981

To order: Free preview; call for purchasing information

This series of six TV PSA's targets pregnant women and urges them to practice good prenatal health habits to lower their risk of having a low-birth-weight baby; can be tagged for another organization's use. The PSA's are:

- |       |                                  |
|-------|----------------------------------|
| No. 1 | "I'm Pregnant!" - 60 seconds     |
| No. 2 | Physician - 60 seconds           |
| No. 3 | "I'm Pregnant!" - 30 seconds     |
| No. 4 | Friends - 30 seconds             |
| No. 5 | Physician - 20 seconds           |
| No. 6 | Physician (Spanish) - 60 seconds |

SMOKING AND PREGNANCY TV PUBLIC SERVICE ANNOUNCEMENTS

Video cassette, 3/4" and 2" quad, 1982

To order: Free preview; call for purchasing information

This series of three TV PSA's targets pregnant women and urges them to stop smoking; features an animated stork talking with a live actress; can be tagged for another organization's use. The PSA's are:

- |       |            |
|-------|------------|
| No. 1 | 30 seconds |
| No. 2 | 20 seconds |
| No. 3 | 10 seconds |

The Planned Parenthood Federation of America is a voluntary family planning and reproductive health organization. Its efforts are aimed at promoting freedom of choice in contraception and abortion. Educational programs are directed primarily at specific problems such as unwanted pregnancies among adolescents.

TO ORDER:

Send orders to Planned Parenthood Federation of America, Inc., 810 Seventh Ave., New York, NY 10019. Prepaid orders should include 15 percent to cover postage and handling. For single copies of publications, include a minimum of \$.50 for postage and handling. California residents must add the applicable State Use tax.

PRINTED MATERIALS:

ABOUT CHILDBIRTH

Pamphlet, 16 pp., 1978

To order: No. 1583; \$.50, \$15 for 100

Important facts for prospective mothers and fathers on the birth experience before, during, and after delivery; easy to read; for all age groups.

CARING FOR TWO

Pamphlet, 8 pp., 1981

To order: No. 1629; \$.50, \$15 for 100, \$120 for 1,000

Discusses the importance of early and ongoing prenatal care. Directed primarily at teenagers. This is the second pamphlet in the Pregnancy Resource Books series.

CONSIDERING WHAT TO DO

Pamphlet, 8 pp., 1981

To order: No. 1628; \$.50, \$15 for 100, \$120 for 1,000

Deals with the importance of early pregnancy detection and discusses some decisionmaking considerations and possible options. Directed primarily at teenagers. This is the first pamphlet in the Pregnancy Resource Books series.

DECIDING ON ABORTION

Pamphlet, 12 pp., 1981

To order: No. 1630; \$.50, \$15 for 100, \$120 for 1,000

Discusses procedures, aftercare, costs, and finding services. Directed primarily at teenagers. This is the third pamphlet in the Pregnancy Resource Books series.

PREGNANCY RESOURCE BOOKS

A series of three pamphlets; see three entries above.

THE SALVATION ARMY

Eastern Territory

Social Services Department

The Salvation Army's approach today is based on the belief that young people will make good decisions about their lives if they are given help in understanding themselves, their feelings, their bodies, and their relationships with peers and family. It believes that such help must come from adults who care about them individually, who are interested in them personally, who will be supportive under all circumstances, and who will help them build the capacity to take charge of their own lives. This includes knowledge about the resources the community offers and a guarantee of access to these resources. It is the goal of The Salvation Army to help young people take charge of their own lives, based in self-respect; to make available information about their physical and emotional needs; and to help them to acquire skillfulness in using community resources.

TO ORDER:

Send orders to The Salvation Army, Social Services Department, 120 West 14th St., New York, NY 10011. Include \$1 for postage and handling for the first five items; for more than five, actual cost will be billed. All materials are photocopied on 8-1/2" x 11" paper.

PRINTED MATERIALS:

BREAKING BARRIERS

Pamphlet, 69 pp., 1976

To order: \$5

A Workshop Series in Human Relations Skills: eight sessions based on Liberated Parents/Liberated Children by Adele Faber and Elaine Mazlish. Emphasizes self-esteem and skills development; fully documented.

BRIDGING THE GAP: BETWEEN YOUTH AND COMMUNITY SERVICES

Book, 182 pp., 1982; revised 1983

To order: \$7.50 plus \$1.20 handling and shipping

A Life Skills Education Program. Goal is to help teenagers take charge of their own lives based on information about themselves, their physical and emotional growth and development, knowledge about resources available in the community and how to use them. Twelve units. Detailed lesson plans. Back-up material. Includes a guide to aid in selecting the leader for work with adolescents.

+ A CHILD IN OUR MIDST

Pamphlet, 78 pp., 1979  
To order: \$5

A three-unit seminar, geared to adult groups. Emphasizes sensitization to potential child abuse and neglect and ways to be helpful; fully documented.

+ FAMILY LIFE PROGRAM

Pamphlet, 38 pp., 1976  
To order: \$3.50

Four units, tested with parents and grandparents of teenagers. Emphasizes child growth and development, dealing with stress, guiding behavior, and the family in the community; fully documented.

HITTING THE BOTTLE

Pamphlet, 63 pp., 1982  
To order: \$3.50

A three-unit program designed to help young people make decisions about alcohol use. Includes factual information and skills development. Detailed lesson plans and back-up material.

LEARNING ABOUT FAMILIES

Pamphlet, 55 pp., 1976  
To order: \$3.50

Twelve units for high school seniors and college freshmen. Tested with counselors in training for overnight camps. Emphasizes self-understanding, personal values, relationships with others, knowledge about children and parenting, and skills development; fully documented.

+ STRENGTHENING FAMILY LIFE

Book, 106 pp., 1978  
To order: \$5

A three-unit seminar with emphasis on producing and rearing babies by providing sound homes and healthy communities.

TENDER LOVING CARE

Pamphlet, 33 pp., 1976  
To order: \$3.50

Units of varying length. Tested in a residential setting with a mobile group of pregnant teenagers, young mothers, and their babies. Emphasizes building self-esteem, developing knowledge about the growth, development, and care of young children, and learning community resources. Provides outlines.

+ Produced in conjunction with The Salvation Army Territorial Home League Department.

YOUTH IN EDUCATION SERVICE - YES

Pamphlet, 99 pp., 1976

To order: \$5

Sixteen units tested with teenage leaders in community center programs. Emphasizes self-understanding, values clarification, knowledge about child growth and development, how the community operates, and skills development; fully documented.

The Society for Nutrition Education promotes nutritional well-being through education, communication, and education-related research. Its resource publications and films are designed to further that goal.

TO ORDER:

Individual copies of publications and films may be obtained from the Society for Nutrition Education, 1736 Franklin St., Oakland, CA 94612. Prepayment is requested. For orders under \$5, add \$.75 for postage and handling.

PRINTED MATERIALS:

THE FAMILY HEALTH COOKBOOK

Book, 284 pp., 1980

To order: \$9.95

Contains basic nutrition information for pregnant women, infants, and adolescents. Each of the more than 250 recipes is followed by a breakdown of its protein, fat, sodium, calorie, and major vitamin and mineral content.

FIRST FOODS (also available in Spanish)

Pamphlet, 8 pp., 1980

To order: \$1.50

Helps parents make the introduction of a baby's first solid foods a successful experience. Includes practical information on when and how to start feeding semi-solid foods; sources of protein, iron, and essential vitamins; safe home preparation of baby foods; and buying and using commercial baby foods. Economical ways to ensure balanced nutrition are emphasized.

\* NUTRITIONAL MANAGEMENT OF HIGH-RISK PREGNANCY

Pamphlet, 44 pp., 1981

To order: \$5

Explores in detail the role of diet in helping to lessen the incidences of perinatal mortality and neonatal complications in pregnant women who are under 17 years of age or who have diabetes or pre-eclampsia. A reference manual for professionals.

WHAT SHOULD I EAT? (also available in Spanish)

Poster, 17", 1975

To order: \$1

Illustrates the best food sources of protein, vitamins A and C, iron, calcium, and folic acid, and the recommended number of servings per day of seven food groups that supply these nutrients. The increased nutritional needs of pregnant women and desired weight gains during pregnancy are also discussed.

\* for professionals

AUDIOVISUAL MATERIALS:

FIRST FOODS (also available in Spanish)

Film, 16mm, sound, color, 14 minutes, 1978

Videocassette, 3/4"; super 8mm Fairchild cassette also available

To order: \$330 for film, \$305 for 3/4" videocassette; rental,  
\$35 for 1 week; 8mm cassette by special order only

Presents basic information on feeding infants during the first year of life, including how to introduce solid food to babies, home preparation of baby foods, and tips for the selection of commercial baby foods. Includes leader's guide (English only) and 20 parents' guides (English and Spanish).

GREAT EXPECTATIONS (also available in Spanish)

Film, 16mm, sound, color, 22 minutes, 1975

Videocassette, 3/4"; super 8mm Fairchild also available

To order: \$370 for film, \$330 for 3/4" videocassette; rental,  
\$35 for 1 week; 8mm cassette by special order only

The benefits of sound nutrition during pregnancy and lactation are emphasized, including nutrients of special concern to pregnant and nursing women, weight gain during pregnancy, solutions to diet-related problems, and the advantages of breastfeeding to both baby and mother. Includes leader's guide (English only) and 20 copies of What Should I Eat?.

\* NUTRITIONAL MANAGEMENT OF HIGH-RISK PREGNANCY

Film, 16mm, sound, color, 22 minutes, 1981

Videocassette, 3/4"

To order: \$440 for film, \$330 for videocassette; rental, \$35 for  
1 week

Features successful hospital programs for the nutritional management of high-risk pregnancies of young adolescents and women with diabetes or preeclampsia. Topics include a team approach, risk factors, and nutritional guidelines for diabetic and preclamptic pregnant women. Includes leader's guide and 20 copies of Nutritional Management of High-Risk Pregnancy Reference Manual. Endorsed by the American College of Obstetricians and Gynecologists.

\* for professionals



The Urban Institute is an independent research organization that studies and suggests solutions for urban problems. It works closely with Government officials seeking insight into pressing problems and alternatives to prevailing policies. Special emphasis is placed on the social economic aspects of urban problems. The Institute is linked with urban researchers in other organizations and institutions. It aims to translate research findings into forms that can be readily understood and used.

\* MANUAL FOR URBAN INSTITUTE DATA SYSTEM

Pamphlet, 67 pp., 1981

To order: Send request to The Urban Institute, Social Services Research Center, 2100 M St., NW, Washington, DC 20037; make check payable to "Urban Institute, Project No. 1464"; \$3.50

Describes a data system for adolescent pregnancy programs and tells how to set it up and use it. Covers intake, case management, recording service delivery, outcomes of pregnancy for mother and child, and the effects of program participation on mother and child at 6, 12, and 24 months postpartum.

\* for professionals

U.S. DEPARTMENT OF AGRICULTURE

Food and Nutrition Information Center

The Food and Nutrition Information Center (FNIC) of the U.S. Department of Agriculture (USDA) serves as a nationwide lending library for nutrition information and educational materials for educators and other professionals. The Center contributes to AGRICOLA, the computerized bibliographic database of the National Agricultural Library (see OTHER SOURCES OF INFORMATION). It is also the national depository for materials developed with funding from the Women, Infants and Children (WIC) and Nutrition Education and Training (NET) programs. The collection includes both print and audiovisual materials.

TO ORDER:

Ordering information for FNIC publications is given below. For information on how to use the FNIC collection, write or call the Food and Nutrition Information Center, National Agricultural Library Bldg., Room 304, Beltsville, MD 20705, 301/344-3719. Request the pamphlet, FNIC: A User's Guide to the Food and Nutrition Information Center.

PRINTED MATERIALS:

\* AUDIOVISUAL RESOURCES IN FOOD AND NUTRITION, 1970-1978

Book, 232 pp., 1979

To order: Oryx Press, 2214 North Central at Encanto, Phoenix, AZ 85004, 602/254-6156, \$18 plus \$.95 postage

An annotated list of the audiovisual materials in the FNIC collection; this is an 8-year, retrospective compilation.

\* FOOD AND NUTRITION BIBLIOGRAPHY

Serial, ca. 345 pp., annual

To order: Oryx Press, 2215 North Central at Encanto, Phoenix, AZ 85004, 602/254-6156, \$18 plus \$.95 postage

An annotated list of the print materials in the FNIC collection. Each edition covers 1 year of acquisitions.

\* FOOD AND NUTRITION MICROFICHE PROGRAM

Microfiche, 934 documents on 1,500 fiche, updated annually

To order: Microfilming Corporation of America, 1620 Hawkins Ave., P.O. Box 10, Sanford, NC 27330, 919/775-3451; write or call for information on prices

Includes noncopyrighted materials from the FNIC collection: surveys, reports, research findings, and educational materials. Non-copyrighted materials developed through WIC and NET funding will be available in separate updates.

\* for professionals.

\* NUTRITION EDUCATION RESOURCE GUIDE: AN ANNOTATED BIBLIOGRAPHY OF EDUCATIONAL MATERIALS FOR THE WIC AND CSF PROGRAMS

Book, 146 pp., 1982

To order: Food and Nutrition Information Center, NAL Building,  
Beltsville, MD 20705 (single copies free of charge to  
WIC and CSF Program administrators). All others can  
purchase copies from the Superintendent of Documents,  
U.S. Government Printing Office, Washington, DC 20502.  
Stock Number: 001-000-04307-2. Cost: \$6.00

This resource guide to 346 evaluated print and audiovisual nutrition education materials has been developed to assist State and local staff of the Special Supplemental Food Program for Women, Infants and Children (WIC) and the Commodity Supplemental Food Program (CSFP) in selecting, acquiring, and developing accurate and appropriate materials for nutrition education of WIC/CSFP participants. Each entry provides an abstract, appraisal, and descriptors as well as information on title, author, source, format, reading level (when applicable), availability, and cost.

\* for professionals

U.S. DEPARTMENT OF AGRICULTURE

Food and Nutrition Service  
Supplemental Food Programs Division

The Special Supplemental Food Program for Women, Infants and Children (WIC Program) and the Commodity Supplemental Food Program (CSFP) serve low-income pregnant and breastfeeding women, infants, and preschool children who are at nutritional risk. Supplemental foods and nutrition education are provided at no cost to this nutritionally vulnerable group, and participants are encouraged to seek health care. Health, education, welfare, or social service agencies administer the programs locally.

TO ORDER:

Individual and multiple copies of publications may be obtained from the program division indicated, USDA, FNS, Park Office Center, 3101 Park Center Drive, Alexandria, VA 22302. Include publication number when ordering. Publications with a GPO number are available free of charge to WIC and CSF program administrators and participants. All others order from Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20502. Include GPO Stock Number when ordering.

PRINTED MATERIALS:

\* DO YOU CARE?

Pamphlet, 7 pp., 1980

To order: FNS-192 (Supplemental Food Programs Division)

Written for obstetricians, gynecologists, pediatricians, family physicians, and other health professionals. Briefly explains the WIC Program target population, the benefits offered by WIC, and the cost-effectiveness of the WIC Program. Describes how physicians can assist their low-income patients in obtaining WIC Program benefits.

HOW WIC HELPS: EATING FOR YOU AND YOUR BABY (also available in Spanish)

Pamphlet, 8 pp., revised 1981

To order: Program Aid No. 1198 (Supplemental Food Programs Division)

Tells pregnant and breastfeeding women about the WIC Program. Describes the WIC foods available to these categories of program participants, discusses the major nutrients provided by each of the foods and how the body uses the nutrients, and prescribes amounts of the four basic food groups to be consumed each day. Recipes and snack ideas using the various WIC foods are included to reinforce and expand the nutrition education aspect of the publication.

\* for professionals

\* THE IDEA BOOK: SHARING NUTRITION EDUCATION EXPERIENCES

Pamphlet, 90 pp., 1981

To order: FNS-234 (Nutrition and Technical Services Division)

Contains nutrition education ideas and approaches that have been gleaned from WIC projects throughout the country. The methods described are some of the most creative ones or are typical of those in common use.

\* REACHING OUT TO THE PREGNANT TEENAGER

Resource package, 1981

To order: Program Aid No. 1303 (Nutrition and Technical Services Division)

A collection of resource materials coordinated through a joint public/private effort involving the U.S. Department of Agriculture, the U.S. Department of Health and Human Services, and the March of Dimes Birth Defects Foundation. Designed to assist health programs, food assistance programs, and other related programs to tailor their nutrition education services to the special needs, interests, and lifestyles of pregnant teenagers.

\* SOUTHEAST ASIAN AMERICAN FACT SHEETS

Fact sheet series, 1980

To order: FNS-224-230 (Nutrition and Technical Services Division)

A series of informational fact sheets designed to help WIC and CSFP staff to better understand the particular needs of Southeast Asian refugees. Topics included in the series include nutritional status, food habits, communication tips, and ways to introduce WIC foods. Sources of information and an annotated bibliography of translated materials are also included.

WHAT SHALL I FEED MY BABY?

Pamphlet, 50 pp., 1981

To order: For sale by GPO (Stock No. 001-000-04235-1), \$4.25

An infant feeding guide for WIC and CSFP participants. Serves as an aid for pregnant women and mothers in understanding important facts on breastfeeding, how to prepare infant formula, how to make baby food, and how to tell when a baby is ready to drink from a cup or eat from a spoon.

\* for professionals

AUDIOVISUAL MATERIALS:

SEARCH FOR NUTRITION

Slide-tape presentation, 80 slides, 15 minutes, 1983

To order: USDA/OGPA Photo Lab, Attention: Dave Warren, Room 4407  
South Building, 14th and Independence Avenue, SW, Wash-  
ington, DC 20250. Cost: \$25.00

Directed toward the Indian food assistance program participant, it contrasts the previous need for physical exertion in obtaining food in the old days with the modern ease of selecting food from the shelf. It also features the relationships between food consumption, life-style, and disease; and a discussion of the five food groups and their key nutrients.

OTHER SOURCES OF INFORMATION, USDA:

COOPERATIVE EXTENSION SERVICE

Cooperative Extension programs are available to people of all income levels in rural, suburban, and urban communities. The programs are conducted by staffs and Extension volunteers in more than 3,000 counties and cities of the United States, Puerto Rico, the Virgin Islands, and Guam. County and city Cooperative Extension Service offices are usually listed under the local government section in the white pages of the telephone directory. State offices are generally located on the campuses of the land-grant universities.

As part of its educational programs, the Cooperative Extension Service provides food and nutrition information, including maternal and infant nutrition and health promotion information. Publications, slides, films, videotapes, and even volunteer speakers are frequently available. However, the selections of materials and other resources may vary from State to State.

FOOD AND NUTRITION INVENTORY (FANI)

National Agricultural Library  
5th Floor  
Beltsville, MD 20705  
Telephone: 301/344-3709

An inventory of all Federal food, nutrition, and agriculture programs. Compiled as a prototype in 1979, the initial inventory contained information on 359 programs including legislative authority, program function, intended users or beneficiaries, budget authority, outlays, program level, and responsible Congressional subcommittees. Since 1979 the file has been updated for each appropriations cycle to include current program information and new programs.

The U.S. Department of Health and Human Services (DHHS) is the Federal Government's principal agency for furthering the good health of Americans and providing them with essential human services. Renamed from the Department of Health, Education, and Welfare in 1980, HHS is responsible for more than 300 programs. The Department's major programs related to maternal and infant health are carried out by the Public Health Service and the Office of Human Development Services. Within the Public Health Service, the Health Services Administration is responsible for maternal and child health programs, and the National Institutes of Health supports research on such problems as the sudden infant death syndrome, mental retardation, birth defects, and developmental disabilities. As part of its responsibilities, the Office of Human Development Services carries out programs for abused and neglected children, supports day-care services, and administers Head Start. The publications listed below are issued by these agencies and other DHHS components having responsibility for some aspect of maternal and infant health. The listing is not all-inclusive; it emphasizes public education materials but also includes selected items of interest to health care providers and other professionals. Items listed have been published in the last 5 years. The section entitled "Other Sources of Information," on page 125, lists clearinghouses and other resources that can provide many more publications and information services on related topics.

TO ORDER:

Single copies of many of the publications may be obtained free of charge from the issuing agency. Include the agency's publication number when ordering directly from a specific agency. If indicated, items may be purchased from the Government Printing Office (GPO). Address orders to:

Superintendent of Documents  
Government Printing Office  
Washington, DC 20402

When ordering from GPO, include the GPO stock number and enclose a check or money order made payable to the Superintendent of Documents. Discounts may be available for bulk orders of 100 or more copies. Please note that although every effort has been made to list current prices, GPO prices are subject to change without notice.

PRINTED MATERIALS:

Printed materials from all offices within DHHS are listed here first; audio-visual materials follow in a separate section.

Office of Human Development Services

INFANT CARE (also available in Spanish)

Pamphlet, 67 pp., 1980

To order: For sale by GPO (Stock No. 017-091-00228-2), \$4.75;  
Spanish version (Stock No. 017-091-00238-0), \$4.50

Gives new parents basic information on caring for an infant including breastfeeding, clothing, bathing, and health care. Advises on handling "difficult" babies, first aid and emergency treatment, and a variety of common problems from diaper rash to colds.

PRENATAL CARE (also available in Spanish)

Pamphlet, 70 pp., 1973

To order: For sale by GPO (Stock No. 017-091-00187-1), \$4.75;  
Spanish version (Stock No. 017-091-00209-6), \$4.50

Gives the expectant mother basic information on caring for herself and her unborn baby during pregnancy. Covers development of the baby, the first visit to the doctor, diet and weight gain, and mood changes. Also discusses some common complaints and what to do about them, signs of labor, delivery and the stay in the hospital, and the needs of the newborn baby.

SINGLE PARENT FAMILIES

Pamphlet, 52 pp., 1981

To order: For sale for GPO (Stock No. 017-091-00229-1), \$4.50

Provides information and insights on rearing children in single-parent families.

SO YOU'RE GOING TO BE A NEW FATHER?

Pamphlet, 32 pp., 1973

To order: For sale by GPO (Stock No. 017-091-00190-1), \$3.75

Advises the prospective father on what he should expect during his wife's pregnancy and on ways to provide support and comfort during this phase of their lives. Discusses the moods and feelings new mothers and fathers usually experience.

A TALE OF SHOTS AND DROPS FOR PARENTS OF YOUNG CHILDREN

Pamphlet, 22 pp., 1979

To order: For sale by GPO (Stock No. 017-092-00058-8), \$3.25

Provides information regarding the need for immunization for childhood diseases. Includes schedule for getting "shots and drops."



Public Health Service

Office of the Assistant Secretary for Health (OASH)

\* BETTER HEALTH FOR OUR CHILDREN: A NATIONAL STRATEGY, Report of the Select Panel for the Promotion of Child Health

Book, 4 volumes, 1981

To order: Volumes 1-3 are for sale by GPO; list stock numbers of individual volumes when ordering

- Volume 1 - Major Findings and Recommendations, 475 pp., Stock No. 017-002-00140-2, \$9.50

Contains recommendations for a comprehensive national plan to promote the health of children and pregnant women. Discusses the current status of child health, makes recommendations for reducing environmental risks, improving nutrition, and influencing healthier lifestyles; describes needed health services and problems in service delivery; examines the administration of Federal, State, and local health systems; and outlines manpower and research needs.

- Volume 2 - Analysis and Recommendations for Selected Federal Programs, 148 pp., Stock No. 017-002-00141-1, \$5.50

Presents the implications of the recommendations for immediate action to improve five Federal programs with major impact on maternal and child health.

- Volume 3 - A Statistical Profile, 343 pp., Stock No. 017-002-00142-9, \$8.50

Contains a statistical examination of child health in the United States. Includes more than 200 tables with statistics on health status and demographics of U.S. children, mortality, birth rates, hospital utilization, resources, and costs.

- Volume 4 - Background Papers, 961 pp.  
To order: PB 81-242869; National Technical Information Service,  
5285 Port Royal Rd., Springfield, VA 22161. Paper -  
\$61.50, Microfiche - \$4

Contains the background and options papers prepared for the Selection Panel for the Promotion of Child Health.

\* for professionals

\* HEALTHY PEOPLE: The Surgeon General's Report on Health Promotion and Disease Prevention

Book, 177 pp., 1979

To order: For sale by GPO (Stock No. 017-001-00416-2), \$5.50

Reports on major health problems and their preventable risks at each of the five principal stages of life; presents goals, to be achieved by 1990, for each stage, and enumerates 15 priority activities critical to the achievement of these goals. The chapter on healthy infants discusses the goal of reducing infant mortality by at least 35 percent. An excerpt entitled "Healthy Infants" summarizes this chapter and other relevant portions of the report. Single copies of the excerpt (HSA 80-5244) are available free while supplies last from: BCHS Publications, Room 7-08, Parklawn Bldg., 5600 Fishers Lane, Rockville, MD 20857.

Background Papers to the above, 484 pp., Stock No. 017-001-00417-1, \$8

\* PREGNANCY AND INFANT HEALTH

Book, 93 pp., 1979

To order: (PHS) 79-50069; Office on Smoking and Health, Parklawn Bldg., Room 1-10, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Reprint from "Smoking and Health: A Report of the Surgeon General," published in 1979. Reviews the scientific literature on the effects of smoking during pregnancy. Covers birth weight and fetal growth, fetal and infant mortality, lactation, and breastfeeding.

\* THE SURGEON GENERAL'S WORKSHOP ON MATERNAL AND INFANT HEALTH

Pamphlet, 55 pp., 1981

To order: (PHS) 81-50161; CSR Inc., 805 15th St., NW, Washington, DC 20005, single copy free

Presents the proceedings of a workshop which reviewed the current status of maternal and infant health services and made recommendations for a national strategy to help improve services, especially for high-risk populations, expand health promotion and prevention efforts, and develop knowledge needed to continue to improve maternal and infant health.

\* for professionals

Alcohol, Drug Abuse and Mental Health Administration (ADAMHA)

ALCOHOL AND YOUR UNBORN BABY

Pamphlet, 16 pp., 1981

To order: (ADM) 81-521; National Clearinghouse for Alcohol Information, Box 2345, Rockville, MD 20852, single copy free; also for sale by GPO (Stock No. 017-024-00721-8), \$2.75

Explains the risk that a pregnant woman takes with the health of her unborn baby when she drinks.

CARING ABOUT KIDS SERIES

A series of pamphlets; see entries under individual titles: The Importance of Play, Learning While Growing, Pre-term Babies, and Stimulating Baby Senses.

\* DEVELOPMENT OF MENTAL HEALTH IN INFANCY

Book, 106 pp., 1980

To order: For sale by GPO (Stock No. 017-024-00996-2), \$5

Reviews the current research on social relationships in the first year of life and their influence on psychological health. Discusses defining effective environments for infant mental health, infant-caregiver interaction, and infants at risk for developmental problems. Part of the Science Monograph Series.

\* DRUG DEPENDENCE IN PREGNANCY: CLINICAL MANAGEMENT OF MOTHER AND CHILD

Book, 109 pp., 1979

To order: (ADM) 79-678; National Clearinghouse for Drug Abuse Information, P.O. Box 416, Kensington, MD 20795, single copy free; also for sale by GPO (Stock No. 017-024-00799-4), \$5.00

Provides practical information for hospital systems and drug treatment programs in delivering services to pregnant drug addicts and their offspring. Discusses prevalence and classification of psychotropic drug use; pharmacologic effects on mother and infant; management of prenatal care, labor, and delivery; and treatment of narcotic withdrawal in the newborn.

THE IMPORTANCE OF PLAY

Pamphlet, 10 pp., 1981

To order: For sale by GPO (Stock No. 017-024-010201), \$2.00

Discusses the role of play in the emotional, intellectual, and physical development of children. Part of the Caring About Kids series.

\* for professionals

\* INFANT SATELLITE NURSERIES: FAMILY DAY CARE WITH A DIFFERENCE

Pamphlet, 13 pp., 1978

To order: (ADM) 78-658; Public Inquiries, National Institute of Mental Health, 5600 Fishers Lane, Rockville, MD 20857, single copy free; also for sale by GPO (Stock No. 017-024-00843-5), \$2.50

Describes an innovative approach to home day-care, developed in Hawaii, to provide low-income families with subsidized care of excellent quality for their infants and toddlers.

LEARNING WHILE GROWING: COGNITIVE DEVELOPMENT

Pamphlet, 14 pp., 1981

To order: For sale by GPO (Stock No. 017-024-01719-7), \$2.25

Introduces theories on how children learn through the development of language skills, memory, conscience, and logic. Part of the Caring About Kids series.

PRE-TERM BABIES

Pamphlet, 14 pp., 1980

To order: For sale by GPO (Stock No. 017-024-01014-6), \$2.00

Discusses the mental health issues often associated with premature birth, particularly the stresses experienced by parents whose infants have medical problems. Offers tips on calming infants and explores the importance of early parent/child interaction. Part of the Caring About Kids series.

\* PREVENTING FETAL ALCOHOL EFFECTS: A PRACTICAL GUIDE FOR OB/GYN PHYSICIANS AND NURSES

Pamphlet, 20 pp., 1982

To order: (ADM) 81-1163; National Clearinghouse for Alcohol Information, Box 2345, Rockville, MD 20852, single copy free; also for sale by GPO (Stock No. 017-024-01111-8), \$2.25

Provides guidelines to assist health care professionals in identifying patients who are subject to the health hazards associated with alcohol consumption during pregnancy. Gives practical advice on how to obtain a history of patients' drinking patterns and what to do if a drinking problem is suspected.

STIMULATING BABY SENSES

Pamphlet, 10 pp., 1977

To order: For sale by GPO (Stock No. 017-024-00752-8), \$2.75

Explains how babies and parents use their five senses to communicate and learn from each other. Part of the Caring About Kids series.

\* for professionals

Centers for Disease Control (CDC)

\* COMPREHENSIVE BIBLIOGRAPHY ON PREGNANCY AND WORK

Book, 130 pp., 1978

To order: For sale by GPO (Stock No. 017-033-00288-6), \$6.00

Unannotated bibliography of English and foreign language articles on the influence of the work and home environment on the health of mother and fetus. Prepared by the American College of Obstetricians and Gynecologists for the National Institute for Occupational Safety and Health.

\* GUIDELINES ON PREGNANCY AND WORK. NIOSH RESEARCH REPORT

See listing under "American College of Obstetricians and Gynecologists."

MAKE MEASLES A MEMORY--IMMUNIZE!

Pamphlet, 1 p., 1981

To order: Immunization Division, Centers for Disease Control,  
1600 Clifton Rd., NE, Atlanta, GA 30333, single copy  
free

Advises parents about the benefits of immunizing against measles and gives a recommended immunization schedule.

\* for professionals

Food and Drug Administration (FDA)

ASSESSING CHILDBIRTH DRUGS

Pamphlet, 1 p., 1980

To order: (FDA) 80-3101; Food and Drug Administration, HFE-88,  
5600 Fishers Lane, Rockville, MD 20857, single copy  
free

Discusses the risks and benefits of drugs given to relieve pain during labor and delivery.

CAFFEINE AND PREGNANCY (also available in Spanish)

Pamphlet, 4 pp., 1981

To order: (FDA) 81-1081, (FDA) 81-1081S, Spanish; Food and Drug  
Administration, HFE-88, 5600 Fishers Lane, Rockville, MD  
20857, single copy free

Advises pregnant women to avoid foods and drugs containing caffeine and lists the amount of caffeine contained in coffee, tea, cola drinks, chocolate, and a variety of prescription and non-prescription drugs.

DRUGS AND PREGNANCY

Pamphlet, 4 pp., 1980

To order: (FDA) 80-3083; Food and Drug Administration, HFE-88,  
5600 Fishers Lane, Rockville, MD 20857, single copy  
free

Describes the concerns about taking drugs, both prescription and over-the-counter ones, during pregnancy because of the possible harm to the unborn child.

GENETIC COUNSELING: LEARNING WHAT TO EXPECT

Pamphlet, 4 pp., 1981

To order: (FDA) 81-9006; Food and Drug Administration, HFE-88,  
5600 Fishers Lane, Rockville, MD 20857, single copy  
free

Describes various inherited disorders, the process of genetic counseling, amniocentesis, and other means of determining whether an unborn baby is likely to be normal.

PREGNANT...ARE YOU AWARE THE MEDICINES YOU TAKE DURING PREGNANCY CAN HARM YOUR UNBORN BABY?

Poster, 17" x 21", two colors

To order: (FDA) 80-3096; Food and Drug Administration, HFE-88,  
5600 Fishers Lane, Rockville, MD 20857, single copy  
free

REYE SYNDROME (also available in Spanish)

Pamphlet, 6 pp., 1983

To order: (FDA) 83-3129, (FDA) 83-3129S, Spanish; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Questions and answers about this condition and its relationship to use of aspirin in children. Includes description of symptoms.

REYE SYNDROME SPELLS CAUTION TO PARENTS

Pamphlet, 4 pp., 1982

To order: (FDA) 82-3127; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

A review of research and events that led up to the discovery of the possible association between Reye Syndrome and the use of aspirin in children.

WHEN THE BABY'S LIFE IS SO MUCH YOUR OWN (also available in Spanish)

Pamphlet, 4 pp., 1980

To order: (FDA) 80-1057, (FDA) 80-1057S, Spanish; Food and Drug Administration, HFE-88, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Advises about general health care during pregnancy and provides information on the effects of specific medicines and drugs on the unborn baby. These include drugs containing the female hormones estrogen and progestin, barbiturates, tranquilizers, amphetamines, tetracycline antibiotics, and aspirin.

X RAYS AND PREGNANCY (also available in Spanish)

Poster, 17" x 21", 1980

To order: (FDA) 80-1045; (FDA) 80-1045S, Spanish; X Ray, HFX-28, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Cautions women, "Pregnant...or think you might be? Tell your doctor before getting an X ray or prescription."

X RAYS, PREGNANCY AND YOU (also available in Spanish)

Pamphlet, 6 pp., 1979

To order: (FDA) 79-8087; (FDA) 79-8087S, Spanish; X Ray, HFX-28, 5600 Fishers Lane, Rockville, MD 20857, single copy free

Describes the possible effects of X rays on the unborn baby and the special precautions to be taken with X rays during pregnancy.

Health Resources and Services Administration (HRSA)

BREAST FEEDING

Pamphlet, 22 pp., 1981

To order: (HSA) 81-5109; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free; also for sale by GPO (Stock No. 017-026-00084-4), \$3.50

Gives practical information about breastfeeding, nutrition for nursing mothers, and weaning. Answers frequently asked questions and lists sources of other information and help.

\* COOLEY'S ANEMIA, A MEDICAL REVIEW

Pamphlet, 50 pp., 1981

To order: (HSA) 81-5125; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free

Reviews the medical knowledge about this group of inherited blood disorders. Covers prevalence, clinical manifestations, complications, diagnosis, management, and related topics.

\* DIET MANAGEMENT OF PKU FOR INFANTS AND PRESCHOOL CHILDREN

Pamphlet, 30 pp., 1978

To order: (HSA) 78-5209; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free; also for sale by GPO (Stock No. 017-026-00057-7), \$4.25

Provides information for nutritionists and dieticians on methods of diet management for children treated for phenylketonuria. Gives methods and materials to help in teaching parents about diet management.

FOOD FOR THE TEENAGER DURING AND AFTER PREGNANCY

Pamphlet, 31 pp., 1982

To order: (HRSA) 82-5106; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free; also for sale by GPO (Stock No. 017-026-00103-4), \$4.50 (reduced for bulk orders)

Contains general information for teenagers about maintaining good health during pregnancy, explains which foods are important, and gives sample meal plans.

\* for professionals



\* GENETIC SCREENING FOR INBORN ERRORS OF METABOLISM

Book, 106 pp., 1977

To order: (HSA) 77-5124; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free

Provides the health professional with a ready reference on knowledge about techniques, problems, and services related to genetic screening of infants. Covers specific disorders diagnosed by screening and evaluation of current genetic screening techniques.

\* GUIDE TO BREAST FEEDING THE INFANT WITH PKU

Pamphlet, 51 pp., 1980

To order: (HSA) 79-5110; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free; also for sale by GPO (Stock No. 017-026-00091-7), \$4.25

Provides guidelines for health professionals to assist women in continuing to breast feed infants with PKU. Discusses the rationale for use of human milk, dietary management, and how to prescribe and calculate the diet.

\* HEALTHY INFANTS

Pamphlet, 32 pp., 1980

To order: (HSA) 80-5244; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free

Reprinted from Healthy People. Describes the challenges of reducing infant mortality and morbidity in the United States; emphasis on preventive services.

LEARNING TOGETHER: A GUIDE FOR FAMILIES WITH GENETIC DISORDERS

Pamphlet, 21 pp., 1980

To order: (HSA) 80-5131; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free; also for sale by GPO (Stock No. 017-026-00088-7), \$3.50

Discusses the benefits of a self-help group for parents of children with genetic disorders. Activities for a group are outlined and resources are listed.

\* for professionals

A READER'S GUIDE FOR PARENTS OF CHILDREN WITH MENTAL, PHYSICAL, OR  
EMOTIONAL DISABILITIES

Book, 144 pp., 1979

To order: (HSA) 79-5290; National Center for Education in Maternal  
and Child Health, 3520 Prospect St., NW, Ground Floor,  
Washington, DC 20057, single copy free; also for sale  
by GPO (Stock No. 017-026-00058-5), \$6.50

Lists selected publications and sources of information which may be  
of help to parents in raising a handicapped child. Selections cover  
many disabilities and include basic reading, books that tell how to  
teach, train, and play at home; books by parents of handicapped  
children; materials on advocacy and other specific "issues and  
answers"; and books for children about children with handicaps.

\* RECOMMENDATIONS FOR FEEDING NORMAL INFANTS

Pamphlet, 8 pp., 1979

To order: (HSA) 79-5108; National Center for Education in Maternal  
and Child Health, 3520 Prospect St., NW, Ground Floor,  
Washington, DC 20057, single copy free

Contains technical guidance for health care providers about breast  
feeding, infant formula, other foods, and fluoride before and after  
6 months of age.

\* RESEARCH PRIORITIES IN MATERNAL AND CHILD HEALTH

Book, 275 pp., 1981

To order: Code no. H59; National Center for Education in Maternal  
and Child Health, 3520 Prospect St., NW, Ground Floor,  
Washington, DC 20057, single copy free

Contains proceedings of a conference on proposed priorities in ma-  
ternal and child health research. Highlights recommendations and  
rationale for research priorities on women with fertility-related  
needs, preschool children, school-age children, and children with  
special needs. Perspectives on maternal and child health research  
are included.

\* RUBELLA

Pamphlet, 14 pp., 1980

To order: (HSA) 80-5225; National Center for Education in Maternal  
and Child Health, 3520 Prospect St., NW, Ground Floor,  
Washington, DC 20057, single copy free; also for sale  
by GPO (Stock No. 017-029-00011-8), \$2.75

Discusses the disease, particularly its effects on fetus and preven-  
tion through vaccination.

\* for professionals

SKIM MILK IN INFANT FEEDING

Pamphlet, 4 pp., 1978

To order: (HSA) 78-5102; National Center for Education in Maternal and Child Health, 3520 Prospect St., N.W., Ground Floor, Washington, DC 20057, single copy free

Presents objections to the practice of feeding skim milk to infants. Discusses management and prevention of obesity in infants.

\* SOCIAL AND PSYCHOLOGICAL ASPECTS OF GENETICS: A SELECTED BIBLIOGRAPHY

Pamphlet, 17 pp., 1983

To order: Code No. G14; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free

Contains a selected bibliography of psychological and social aspects of human genetic disorders, including ethical and legal issues.

\* SOCIETIES AND PROFESSIONAL ASSOCIATIONS

Pamphlet, 20 pp., 1983

To order: Code no. G31; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free

Contains a list of national Societies and Professional Associations in Human Genetics and Maternal and Child Health, for use by health professionals, educators, and the public.

STAR WARS (IMMUNIZATION)

Poster, 14" x 22", color, 1978

To order: (OM) 78-1033; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free

Two robots from the movie "Star Wars" remind parents "of Earth" to have their children immunized.

SUDDEN INFANT DEATH SYNDROME

Fact Sheet: Facts About Apnea

Pamphlet, 2 pp.

To order: National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209; single copy free

Includes basic questions concerning apnea--its causes, prevention, treatment (monitoring), and relationship to SIDS.

\* for professionals

Fact Sheet: The Grief of Children

Pamphlet, 2 pp.

To order: National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600,  
Rosslyn, VA 22209; single copy free

Discusses some of the common expressions of children's grief and offers some ways in which adults can help the child to express and cope with grief.

\* Fact Sheet: Infantile Apnea and SIDS

Pamphlet, 3 pp.

To order: National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600,  
Rosslyn, VA 22209; single copy free

Brief report concerning studies on apnea and its association to SIDS.

Fact Sheet: Parents and the Grieving Process

Pamphlet, 2 pp.

To order: National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600,  
Rosslyn, VA 22209; single copy free

Grief is defined; common reactions and emotions expressed by the bereaved are discussed; and the process by which resolution and recovery are achieved is highlighted.

\* Fact Sheet: SIDS Information for the EMT

Pamphlet, 2 pp.

To order: National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600,  
Rosslyn, VA 22209; single copy free

Suggestions are made for emergency medical technicians and others who first respond at the time of a sudden infant death. Guidelines to help distinguish between SIDS and child abuse are included.

Fact Sheet: What Is SIDS?

Pamphlet, 2 pp.

To order: National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600,  
Rosslyn, VA 22209; single copy free

Presents basic facts about SIDS; reactions of the surviving family members; and ways they may be helped.

Fact Sheet: What Parents Should Know About SIDS

Pamphlet, 2 pp.

To order: National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600,  
Rosslyn, VA 22209; single copy free

Basic facts on SIDS are presented and many of the myths associated with such deaths are dispelled.

\* for professionals

Resource List: National SIDS Clearinghouse

Pamphlet, 2 pp.

To order: National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600,  
Rosslyn, VA 22209; single copy free

Contains a list of the publications available from the National SIDS Clearinghouse, and an order form for obtaining these.

Sudden Infant Death Syndrome Clearinghouse Audiovisual Catalog

Pamphlet, 32 pp.

To order: National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600,  
Rosslyn, VA 22209; single copy free

An annotated catalog of audiovisual materials, on the topics of the sudden infant death syndrome; death and dying; and grief.

\* Sudden Infant Death Syndrome Research and Grief Counseling: A Selected Bibliography

Book, 101 pp., 1981

To order: (HSA) 81-5268; National SIDS Clearinghouse, 1555 Wilson Blvd., Ste. 600, Rosslyn, VA 22209, single copy free

Contains list of print and nonprint materials published between 1971 and 1980 on the impact of SIDS on families; approaches to counseling; resolution of grief and guilt; identification and treatment of infants at high risk; epidemiology of SIDS; theories of causation; apnea; and death investigation systems.

\* THE SURGEON GENERAL'S WORKSHOP ON CHILDREN WITH HANDICAPS AND THEIR FAMILIES, REPORT OF

Pamphlet, 69 pp., 1983

To order: (PHS) 83-50194; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free

Contains proceedings of the workshop held in December, 1982. Includes presentations of programs for care of ventilator dependent children and children with other handicaps. Summarizes workshop recommendations and implications for the future.

\* THE SURGEON GENERAL'S WORKSHOP ON MATERNAL AND INFANT HEALTH

Pamphlet, 55 pp., 1981

To order: (PHS) 81-50161; National Center for Education in Maternal and Child Health, 3520 Prospect St., NW, Ground Floor, Washington, DC 20057, single copy free

Contains proceedings of the findings and recommendations of the Surgeon General's Workshop held in December, 1980. Focuses on improvement of delivery to the underserved, expansion of health promotion and prevention services, and development of knowledge in maternal and infant health.

\* for professionals

\* SYMPOSIUM ON HUMAN LACTATION

Book, 130 pp., 1979

To order: (HSA) 79-5107; National Center for Education in Maternal  
and Child Health, 3520 Prospect St., NW, Ground Floor,  
Washington, DC 20057, single copy free

Provides physicians, nurses, and nutritionists with an overview of  
various facets of human lactation, including physiology of lacta-  
tion, psychological issues, nutritional and immunologic aspects,  
and management of normal lactation and lactation problems.

\* for professionals

National Institutes of Health (NIH)

AUTISM

Fact sheet, 1983

To order: NIH Pub. No. 83-1877, National Institute of Neurological and Communicative Disorders and Stroke, Bldg. 31, Rm. 8A16, NIH, Bethesda, MD 20205.

A severely incapacitating, lifelong developmental disability that usually appears in the first 3 years of life. Chemical exposure in pregnancy and perinatal viral infections are among the potential causes.

CEREBRAL PALSY: HOPE THROUGH RESEARCH

Pamphlet, 28 pp., 1980

To order: NIH Pub. No. 81-159, National Institute of Neurological and Communicative Disorders and Stroke, Bldg. 31, Rm. 8A16, NIH, Bethesda, MD 20205; also for sale by GPO (Stock No. 017-049-00117-4), \$2.50

Discusses consequences of this neurological problem whose roots lie in brain damage during gestation, birth, or the early years of life.

\* CESAREAN CHILDBIRTH

Book, 537 pp., 1981

To order: (NIH) 82-2067; Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-32, Bethesda, MD 20205, single copy free

Reports the results of a Consensus Development Conference which brought together biomedical researchers, physicians, and consumers to address issues concerning cesarean childbirth. Discusses how and why cesarean delivery rates have changed; the relation of cesarean delivery to pregnancy outcome; the medical and psychological effects on mother, infant, and family; economic factors, and legal and ethical considerations.

\* CHILD HEALTH AND HUMAN DEVELOPMENT: AN EVALUATION AND ASSESSMENT OF THE STATE OF THE SCIENCE

Book, 1982

To order: Order by individual reprint titles from: Office of Research Reporting, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-32, Bethesda, MD 20205, single copy free

Reprints of the individual chapters from a report outlining the Institute's 5-year plan. Titles of the individual reprints are "Child and Adolescent Development," "Congenital Defects," "Contraceptive Development," "Contraceptive Evaluation," "Fertility and Infertility," "Mental Retardation," "Nutrition," "Population Dynamics," "Pregnancy, Birth and the Infant," and "SIDS."

\* for professionals

CLEFT LIP AND CLEFT PALATE

Pamphlet, 8 pp., 1982

To order: (NIH) 82-1145; Public Inquiries, National Institute of Dental Research, NIH, Bldg. 31, 2C 33, Bethesda, MD 20205, single copy free

Provides a brief overview of cleft lip and palate, describing the disorders, effect on hearing and speech, adjustment of the child, causes, and treatment. Includes suggestions on where to obtain help.

COOLEY'S ANEMIA: PREVENTION THROUGH TESTING

Pamphlet, 6 pp., 1980

To order: (NIH) 80-2026; Public Inquiries, National Heart, Lung, and Blood Institute, NIH, Bldg. 31, 4A-25, Bethesda, MD 20205, single copy free

Written for parents of children with Cooley's anemia. Describes this inherited blood disease and encourages testing for the Cooley's anemia trait and prevention of the disease.

COOLEY'S ANEMIA: PREVENTION THROUGH UNDERSTANDING

Pamphlet, 16 pp., 1980

To order: (NIH) 80-1269; Public Inquiries, National Heart, Lung, and Blood Institute, NIH, Bldg. 31, 4A-25, Bethesda, MD 20205, single copy free

Defines Cooley's anemia, its causes, symptoms, and treatment. Describes prevention through testing and genetic counseling services. Current research is discussed and a glossary of terms is included.

DIRECTORY OF NATIONAL, FEDERAL, AND LOCAL SICKLE CELL DISEASE PROGRAMS

Pamphlet, 39 pp., 1981

To order: (NIH) 81-714; Public Inquiries, National Heart, Lung, and Blood Institute, NIH, Bldg. 31, 4A-25, Bethesda, MD 20205, single copy free

Lists comprehensive sickle cell centers, sickle cell screening and education clinics, national centers for family planning services, VA hospitals, State health departments, and public and private organizations.

FACTS ABOUT CESAREAN CHILDBIRTH

Pamphlet, 11 pp., 1982

To order: Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single copy free

Summarizes the content of Cesarean Childbirth in a format suitable for lay audiences.



FACTS ABOUT DOWN SYNDROME FOR WOMEN OVER 35

Pamphlet, 16 pp., 1979

To order: (NIH) 80-563; Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single copy free

Aimed at women who are pregnant or planning a pregnancy and are over 35 years old. Explains Down syndrome, the increased risk for women over 35 of bearing a Down syndrome child, genetic counseling, and the outlook for a child with Down syndrome.

FACTS ABOUT PREMATURE BIRTH

Pamphlet, 10 pp., 1983

To order: Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A32, Bethesda, MD 20205, single copy free

Highlights common problems facing premature infants and recent research advances being used in treating them.

FACTS ABOUT SMOKING AND PREGNANCY

Pamphlet, 8 pp., 1983

To order: Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A32, Bethesda, MD 20205, single copy free

Summarizes recent research findings about the effects of smoking on the fetus.

GENITAL HERPES

Pamphlet, 8 pp., 1981

To order: Free from National Institute of Allergy and Infectious Diseases, Bldg. 31, Rm. 7A32, NIH, Bethesda, MD 20205

Describes in nontechnical language the cause, diagnosis, treatment, and prevention of genital herpes, and why active infections are dangerous to the baby at the time of delivery.

GOOD TEETH FOR YOU AND YOUR BABY (also available in Spanish)

Pamphlet, 16 pp., 1979

To order: (NIH) 79-1255, (NIH) 78-1465, Spanish; Public Inquiries, National Institute of Dental Research, NIH, Bldg. 31, 2C-33, Bethesda, MD 20205, single copy free

Explains to parents how to take care of their teeth and their children's teeth. Discusses preventing "baby bottle tooth decay."

HEARING LOSS: HOPE THROUGH RESEARCH

Pamphlet, 40 pp., 1982

To order: NIH Pub. No. 82-157, National Institute of Neurological and Communicative Disorders and Stroke, Bldg. 31, Rm. 8A16, NIH, Bethesda, MD 20205; also for sale by GPO (Stock No. 017-049-00126-3), \$4.25

Covers the causes of hearing loss in infants, including genetic and congenital abnormalities, maternal virus infections, drug damage, and labor and delivery problems. The special importance of early diagnosis and treatment of hearing loss in very young children is emphasized.

LITTLE BABIES BORN TOO SOON, BORN TOO SMALL

Pamphlet, 20 pp., 1977

To order: (NIH) 77-1079; Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single copy free

Explains health problems that low-birth-weight babies can have, preventive measures mothers and physicians can take, and research now underway.

A PARENT'S GUIDE TO CYSTINOSIS

Pamphlet, 17 pp., 1981

To order: (NIH) 82-1160; Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single copy free

Gives parents of children with cystinosis basic facts about the diagnosis, physical effects, and treatment of this genetic disease. Discusses a child's care at school and the emotional issues facing both parents and child.

\* PREGNANCY AND PERINATOLOGY

Pamphlet, 40 pp., 1981

To order: (NIH) 81-2347; Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-34, Bethesda, MD 20205, single copy free

Describes the research programs of the National Institute of Child Health and Human Development in the areas of pregnancy and perinatology, premature labor and birth, disorders of the newborn, and sudden infant death syndrome.

\* for professionals

PREGNANCY BASICS

Pamphlet, 16 pp., 1979

To order: Public Inquiries, National Institute of Child Health and Human Development, NIH, Bldg. 31, 2A-32, Bethesda, MD 20205, single copy free

Briefly summarizes things to be considered during pregnancy, including nutrition, weight gain, exercise, and lifestyle habits.

\* PRENATAL APPROACHES TO THE DIAGNOSIS OF FETAL HEMOGLOBINOPATHIES

Book, 259 pp., 1980

To order: (NIH) 80-1529; Public Inquiries, National Heart, Lung, and Blood Institute, NIH, Bldg. 31, 4A-25, Bethesda, MD 20205, single copy free

Reviews the state-of-the-art in sampling fetal circulation in utero. Subjects discussed include ethical, legal, psychosocial, and genetic issues in prenatal diagnosis of hemoglobinopathies.

QUESTIONS AND ANSWERS ABOUT DES EXPOSURE DURING PREGNANCY AND BEFORE

Pamphlet, 17 pp., 1981

To order: (NIH) 81-1118; Public Inquiries, National Cancer Institute, NIH, Bldg. 31, 10A-29, Bethesda, MD 20205, single copy free

Answers questions that mothers and children exposed to DES (diethylstilbestrol) most often ask.

REYE'S SYNDROME

Pamphlet, 5 pp., 1981

To order: Free from National Institute of Allergy and Infectious Diseases, Bldg. 31, Rm. 7A-32, NIH, Bethesda, MD 20205

Describes in nontechnical language the symptoms of this life-threatening disease that develops in some children after an attack of flu or chickenpox. Discusses research to find the cause of this syndrome, better methods of treatment and diagnosis, and a means of prevention.

SEXUALLY TRANSMITTED DISEASES

Pamphlet, 24 pp., 1979

To order: Single copy free from National Institute of Allergy and Infectious Diseases, Bldg. 31, Rm. 7A-32, NIH, Bethesda, MD 20205. Also for sale by GPO (Stock No. 017-044-00032-0), \$3.50 single copy, \$44.00 per hundred.

Gives nontechnical description of several venereal diseases, including gonorrhea and syphilis, and the dangers they pose to the fetus and newborn child.

\* for professionals

SO, I HAVE THE SICKLE CELL TRAIT (also available in Spanish)

Pamphlet, 15 pp., 1978

To order: (NIH) 78-421; (NIH) 78-749, Spanish; Public Inquiries,  
National Heart, Lung, and Blood Institute, NIH, Bldg. 31,  
4A-25, Bethesda, MD 20205, single copy free

Provides answers to common questions about sickle cell trait in  
simple language.

TETRACYCLINE STAINED TEETH

Pamphlet, 6 pp., 1980

To order: (NIH) 80-1679; Public Inquiries, National Institute of  
Dental Research, NIH, Bldg. 31, 2C-33, Bethesda, MD 20205,  
single copy free

Explains how tetracyclines can cause staining of primary or permanent  
teeth if the drug is taken during the time these teeth are forming.  
Stresses prevention and discusses cosmetic treatment.

TOXOPLASMOSIS

Pamphlet, 3 pp., 1975

To order: Free from National Institute of Allergy and Infectious  
Diseases, Bldg. 31, Rm. 7A-32, NIH, Bethesda, MD 20205.

Describes in nontechnical language the possible hazards to the fetus  
in women who become infected with toxoplasma parasites during preg-  
nancy. Discusses transmission of the disease by cats and by eating  
raw or undercooked meat.

TORSION DYSTONIA

Fact sheet, 1982

To order: NIH Pub. No. 82-717, National Institute of Neurological  
and Communicative Disorders and Stroke, Bldg. 31, Rm.  
8A-16, NIH, Bethesda, MD 20205.

A neurological disorder which causes twisting, uninterrupted invol-  
untary movement. Several forms of the disease are inherited, and  
the acquired form may be caused by birth injury.

TUBEROUS SCLEROSIS

Fact sheet, 1978

To order: NIH Pub. No. 79-1846, National Institute of Neurological  
and Communicative Disorders and Stroke, Bldg. 31, Rm.  
8A-16, NIH, Bethesda, MD 20205.

A genetic disorder that may cause seizures, tumors, developmental de-  
lay, and other problems. Diagnosis at birth through characteristic  
white spots on the skin is important.

WERE YOU OR YOUR DAUGHTER OR SON BORN AFTER 1940?

Pamphlet, 17 pp., 1980

To order: (NIH) 80-1226; Public Inquiries, National Cancer Institute, NIH, Bldg. 31, 10A-29, Bethesda, MD 20205, single copy free

Provides information and recommendations on medical examinations for mothers and children exposed to DES (diethylstilbestrol), a drug used since 1940 to treat women for complications during pregnancy.

AUDIOVISUAL MATERIALS:

The following films on various aspects of pregnancy, prenatal care, and parenthood have been produced by the Department of Health and Human Services and other Government agencies. All are for rent or sale from the National Audiovisual Center (NAC). NAC also distributes films on related topics including sexuality, birth control, and child abuse.

TO ORDER:

Purchase

For invoicing, an official purchase order or letter on organization letterhead is required. For direct payment, checks or money orders should be made payable to the National Archive Trust Fund. A \$5 handling fee will be charged for orders that are not prepaid. Prices are subject to change without notice. Allow 30 to 60 days for delivery of materials.

Preview

Preview prints of 16mm films will be provided at prevailing rental rates. Nonprofit organizations are entitled to free preview of 16mm films when prints are available. Preview is not available for rental consideration. Unless specifically noted, preview is not available for videocassettes, audio/slide sets, filmstrips, multimedia kits, or any materials other than 16mm films.

Rental

Three-day use at rate indicated. Enclose \$3 handling fee. Order 30 days in advance. Rental fee applies to purchase price.

Videocassettes

All titles listed in videocassette are available in all 1/2" and 3/4" formats at the same price. Specify the make and model number of your video playback equipment on your order so that the appropriate cassette can be supplied.

For further information or to order, write:

National Audiovisual Center  
National Archives and Records Service  
General Services Administration  
Information Section RM  
Washington, DC 20409  
Telephone: 301/763-1896

\* AFTER OUR BABY DIED

Film, 16mm, videocassette, color, 20 minutes, 1975  
To order: Film: Title No. 009405/CG, \$195; Rental, \$25;  
Videocassette: Title No. A00280/CG, \$70

Discusses how health professionals can help allay parents' fears and despair following the loss of a child to SIDS.

\* AMNIOCENTESIS

Film, 16mm, videocassette, color, 7 minutes, 1979  
To order: Film: Title No. A01274/CG, \$65; Rental, \$25  
Videocassette: Title No. A01277/CG, \$60

Aimed at health professionals and pregnant women. Provides an opportunity to observe how amniocentesis is done, including patient preparation and the drawing of the amniotic fluid.

BEFORE THE BABY

Multimedia kit of 74 color slides and audiocassette, videocassette, 10 minutes, script, 1980  
To order: Multimedia kit: Title No. A02906/CG, \$28;  
Videocassette: Order from Food and Drug Administration,  
HFI-20, 5600 Fishers Lane, Rockville, MD 20857

Gives pregnant women guidelines to follow on weight gain, drug use, smoking, diagnostic X rays, alcohol use, and other aspects of pre-natal care. Suited for use in obstetrical and gynecological offices and clinics, family planning and public health clinics, health maintenance organizations, and physicians' offices.

\* A CALL FOR HELP

Film, 16mm, videocassette, color, 19 minutes, 1976  
To order: Film: Title No. 007899/CG, \$180; Rental, \$25;  
Videocassette: Title No. A01050/CG, \$70

Advises police on proper techniques for handling SIDS cases. Because of its inclusion of investigative photographs, it is recommended for police professionals only.

I'M A PARENT NOW

Film, 16mm, videocassette, color, 17 minutes, guide, 1977  
To order: Film: Title No. A10328/CG, \$165  
Videocassette: Title No. A00924/CG, \$55

Helps new parents deal with the mixed emotions, conflicting roles, and unfamiliar experiences that accompany the arrival of a baby; guide is included.

\* for professionals

\* MEDICAL-LEGAL ASPECTS OF AMNIOCENTESIS FOR PRENATAL DIAGNOSIS

Film, 16mm, videocassette, color, 13 minutes, 1979

To order: Film: Title No. A01268/CG, \$125; Rental, \$25

Videocassette: Title No. A01271/CG, \$70

Highlights for the physician some of the legal aspects of amniocentesis, citing specific court cases.

SUDDEN INFANT DEATH SYNDROME

Film, 16mm, videocassette, 4-part series, color

To order: Film: Series No. 009483/CG, inquire concerning purchase price; Rental, \$87.50

Videocassette: Series No. 010779/CG, inquire concerning purchase price

Series is designed to help professionals and the public examine the impact of sudden infant death syndrome (SIDS) and what can be done to help the parents.

SUDDEN INFANT DEATH SYNDROME

Film, 16mm, videocassette, color, 4 minutes, 1976

To order: Film: Title No. 008579/CG, \$40; Rental, \$25

Videocassette: Title No. A01044/CG, \$60

Discusses how SIDS can be predicted and prevented.

TWO TO GET READY

Film, 16mm, videocassette, color, 29 minutes, 1979; booklet included

To order: Film: Title No. A00856/CG, \$275; Rental, \$25

Videocassette: Title No. A00883/CG, \$275

Portrays how both parents prepare for parenthood, focusing on psychological preparation. Designed to help prospective parents think about the reasons for having a baby and the decision about when to have it. This film is one episode from Footsteps, a PBS series on parenting. For information on the entire series, contact the National Audiovisual Center.

YOU ARE NOT ALONE

Film, 16mm, videocassette, color, 27 minutes, 1976

To order: Film: Title No. 007900/CG, \$260; Rental, \$25

Videocassette: Title No. A01049/CG, \$80

Designed to assist families who have lost an infant to SIDS by exploring the physical and emotional aspects of grief and stressing that the death is not the parent's fault.

\* for professionals



#### OTHER SOURCES OF INFORMATION



The following agencies and organizations maintain clearinghouses or other programs that can provide additional publications and information services on various aspects of maternal and infant health and related topics. This list is followed by a section that describes print and computerized indexes that provide access to journal articles and other publications in this field.

Other Organizations

CLEARINGHOUSE ON CHILD ABUSE AND NEGLECT INFORMATION

P.O. Box 1182  
Washington, DC 20013  
Telephone: (202) 755-0590

Answers inquiries from professionals and the public. Maintains a database of information on published documents, descriptions of ongoing research projects, descriptions of programs which provide services to abused or neglected children and their families, descriptions of relevant audiovisual materials, and excerpts from current State laws on child abuse and neglect. Publishes directories of information in its database, reports on special topics, annual reviews of the current status of research projects and programs, and a catalog of Clearinghouse publications.

CLEARINGHOUSE ON THE HANDICAPPED

Room 338-D, Hubert H. Humphrey Bldg.  
200 Independence Ave., SW  
Washington, DC 20201  
Telephone: (202) 245-1961

Prepares resource guides for disabled persons, published directories of Federal programs and information sources for the handicapped, prepares summaries of legislation affecting the handicapped, and publishes "Programs for the Handicapped," a periodical issued 6 times a year describing Federal activities benefitting the handicapped.

CONSUMER PRODUCT SAFETY COMMISSION (CPSC)

Washington, DC 20207  
(800) 638-8326

Publications describe common hazards associated with the use of consumer products and recommend ways to avoid these hazards. Information and publications on safety standards for cribs, toys, and other accessories for infants and children are available by calling the toll-free number. Fact sheets in English and Spanish include "Baby Rattles" (No. 86), "Baby Walkers" (No. 66), "Cribs" (No. 43), "High Chairs" (No. 70), and "Infant Falls" (No. 20).

## OTHER SOURCES OF INFORMATION (Cont'd)

### NATIONAL CENTER FOR HEALTH STATISTICS (NCHS)

Scientific and Technical Information Branch  
3700 East-West Hwy.  
Hyattsville, MD 20782  
Telephone: (301)436-8500

Collects, analyzes, and disseminates data on health in the United States. Statistical information covers a wide range of health-related topics, including births, birth defects and congenital malformations, breastfeeding, infant mortality, infertility, maternal mortality, sudden infant death syndrome, unwanted and unplanned childbearing, and working mothers. Data from surveys are published in the Vital and Health Statistics Series. Other publications include:

Advance Data from the Vital and Health Statistics Series--provides the means for early release of selected findings from the health and demographic surveys conducted by NCHS.

Monthly Vital Statistics Report--contains data on births, marriages, divorces, and deaths by State and for the U.S.

Facts at Your Fingertips: A Guide to Sources of Statistical Information on Major Health Topics

### NATIONAL CLEARINGHOUSE FOR ALCOHOL INFORMATION (NCALI)

P.O. Box 2345  
Rockville, MD 20852  
Telephone: (301)468-2600

Maintains a database of the alcohol literature; answers public and professional inquiries; publishes fact sheets, summaries of current literature and other reference materials, an Information and Feature Service, and a quarterly magazine, Alcohol Health and Research World. Information includes materials for the public and professionals on the effects of alcohol on the fetus.

### NATIONAL CLEARINGHOUSE FOR FAMILY PLANNING INFORMATION

P.O. Box 2225  
Rockville, MD 20852  
Telephone: (301)881-9400

Promotes the exchange of family planning information among service providers, family planning consumers, and educators. Answers inquiries from the public and professionals, and publishes fact sheets, bibliographies, the Health Education Bulletin, the Information Services Bulletin, the Catalog of Family Planning Materials, and the Directory of Family Planning Grantees and Clinics.

OTHER SOURCES OF INFORMATION (Cont 'd)

NATIONAL CLEARINGHOUSE FOR HUMAN GENETIC DISEASES

P.O. Box 28612  
Washington, DC 20006  
Telephone: (202)842-7617

Answers inquiries from professionals and the public, publishes a catalog of sources for informational and educational materials on human genetics and genetic diseases, maintains a directory of informational and clinical resources, and compiles and distributes bibliographies and other publications.

NATIONAL HEALTH INFORMATION CLEARINGHOUSE (NHIC)

P.O. Box 1133  
Washington, DC 20013  
Telephone: (800)336-4797; (703)522-2590 in Virginia

Serves as a central source of information and referral for health questions. Maintains a database containing descriptions of health-related organizations and programs throughout the country. Answers public and professional inquiries. Publishes a directory of health information resources, a series of topical resource guides, and other publications. Information includes descriptions of the major organizations in the maternal and child health field.

NATIONAL INFORMATION CENTER FOR HANDICAPPED CHILDREN AND YOUTH

1555 Wilson Blvd., Suite 600  
Rosslyn, VA 22209  
Telephone: (703)522-0870

Provides information on various disabilities, listings of parent organizations throughout the country, and sources for additional local information. Answers inquiries and distributes a newsletter and other publications.

NATIONAL INSTITUTE FOR CHILD HEALTH AND HUMAN DEVELOPMENT (NICHD)

Office of Research Reporting  
9000 Rockville Pike, Room 2A-32  
Bethesda, MD 20205  
Telephone: (301)496-5133

The Institute conducts basic and clinical research in maternal and child health and the population sciences. Answers inquiries from professionals on related topics such as sudden infant death syndrome, Down syndrome, studies on reproductive biology and contraception, mental retardation, and developmental disabilities. Also distributes popular and technical publications. Selected titles are listed under "National Institutes of Health" in the entry for the U.S. Department of Health and Human Services.

OTHER SOURCES OF INFORMATION (Cont'd)

OFFICE OF ADOLESCENT PREGNANCY PROGRAMS

Public Health Service  
U.S. Dept. of Health and Human Services  
200 Independence Ave., SW  
Washington, DC 20201  
Telephone: (202)472-9093

Funds grants to public and private nonprofit organizations and agencies which deliver comprehensive services to pregnant adolescents or serve as a linkage agent for these services. Answers public inquiries and publishes "Office of Adolescent Pregnancy Programs Information Bulletin."

OFFICE ON SMOKING AND HEALTH (OSH)

Technical Information Center  
Parklawn Bldg., Room 1-16  
5600 Fishers Lane  
Rockville, MD 20857  
Telephone: (301)443-1690

Answers inquiries from professionals and the public and maintains a database of scientific information. Publishes a variety of bibliographies and reports, including: a directory of ongoing research, an annual legislative report on State legislation regarding smoking and health, an annual bibliography on smoking and health, an annual report to Congress, and the "Smoking and Health Bulletin," a current awareness publication for published literature on all aspects of smoking and health, published 8 to 10 times per year. Technical information includes current research on the effects of smoking on birth weight, fetal growth, infant mortality, and breastfeeding.

SUDDEN INFANT DEATH SYNDROME CLEARINGHOUSE

1555 Wilson Blvd., Suite 600  
Rosslyn, VA 22209-2461  
Telephone: (703)522-0870

Answers inquiries from the public and professionals, maintains a database of current literature on sudden infant death syndrome (SIDS), and disseminates approximately 25 publications on various aspects of SIDS.

## OTHER SOURCES OF INFORMATION (Cont'd)

### U.S. PHARMACEUTICAL CONVENTION, INC. (USP)

12601 Twinbrook Parkway  
Rockville, MD 20852  
Telephone: (301)881-0666

A nonprofit, nongovernmental organization responsible for establishing standards for the strength, quality, and purity of drugs. Every 5 years, USP publishes revised standards for drugs in The United States Pharmacopeia and The National Formulary. Publications for consumers include complete reference and abridged editions of About Your Medicines, containing detailed information on uses and effects--including during pregnancy--of commonly prescribed drugs. USP is also planning to publish a consumer's guide to drugs used in pregnancy and labor.

### Indexes

#### Printed Indexes:

The following indexing and abstracting services are available in most professional and academic health libraries.

Cumulative Index to Nursing and Allied Health Literature, 1956- ; Glendale Adventist Medical Center Publications Service, Box 871, Glendale, CA 91209; \$48

Appears in five bimonthly issues and a cumulated annual volume. Indexes over 260 journals including those of professional nursing associations. Some popular and news magazines are included. Separate sections index pamphlets, audiovisuals, and book reviews.

Excerpta Medica, 1947- ; Box 211, 1000 AE, Amsterdam, Netherlands

The major abstracting service for journal articles on human medicine and related fields. It is published in separate subject sections, several of which include perinatal medicine: Section 1: Anatomy, Anthropology, Embryology, and Histology (10 issues a year, \$153.75); Section 7: Pediatrics and Pediatric Surgery (20 issues a year, \$258.50); Section 10: Obstetrics and Gynecology (20 issues a year, \$236); and Section 21: Developmental Biology and Teratology (10 issues a year, \$142.50). All sections are also available as automated databases (see below).

## OTHER SOURCES OF INFORMATION (Cont'd)

Index Medicus, 1960- ; Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20402; \$195

Issued monthly. Indexes more than 2,500 journals plus monographs and conference proceedings. A separate section gives access to lengthy and review articles. The Abridged Index Medicus (1970- ; \$46; available from Superintendent of Documents, as above), found in many public libraries, provides access to 125 English-language clinical journals. Citations from Index Medicus are also available online, on MEDLINE (see below).

International Nursing Index, 1966- ; American Journal of Nursing Co., 10 Columbus Circle, New York, NY 10019; \$40

Appears quarterly and indexes over 200 nursing and non-nursing journals that contain medical articles. There are special sections for nursing books and the publications of organizations and agencies. Its citations are also available on MEDLINE (see below).

### Computerized Indexes:

The following automated databases also provide indexes and, in some cases, abstracts for journal articles and other publications. They can be searched through most professional and academic libraries.

### AGRICOLA

Produced by the National Agricultural Library (NAL), this database includes citations to journal articles and other documents that have been indexed and abstracted by the Food and Nutrition Information Center (FNIC). These commercial vendors provide access to AGRICOLA: Bibliographic Retrieval Services, Inc. (BRS); DIALOG Information Services, Inc.; and System Development Corporation (SDC). A Controlled Vocabulary, which is a list of index terms used in AGRICOLA, is available free from FNIC (see p. 92).

### CHILD ABUSE AND NEGLECT

Produced by the National Center for Child Abuse and Neglect (DHHS), this database is available on DIALOG. It includes records on research projects, publications, and service programs.

### EXCEPTIONAL CHILD

Contains references to published and unpublished literature on the education of exceptional children (gifted or handicapped). Ages covered are 0 - 21 years. It is available on DIALOG and BRS.



EXCERPTA MEDICA

Includes references from all sections of Excerpta Medica (see above). It is available through DIALOG.

HEALTH PLANNING AND ADMINISTRATION

Contains citations to literature on health planning, organization, and related subjects. This is one of the National Library of Medicine's databases, part of its MEDLARS system. It is available through selected medical libraries around the country and can also be accessed through BRS and DIALOG.

MEDLINE

Also part of the MEDLARS system, MEDLINE indexes biomedical journal articles from both U.S. and foreign journals. It includes selected chapters and articles from monographs as well. This database is available at selected medical libraries and through BRS and DIALOG. Its print counterparts include Index Medicus and International Nursing Index (see above).



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U.S. GOVERNMENT PRINTING OFFICE : 1983 O - 417-544 : QL 3

